

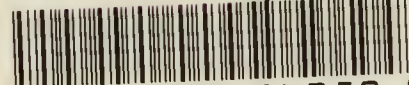
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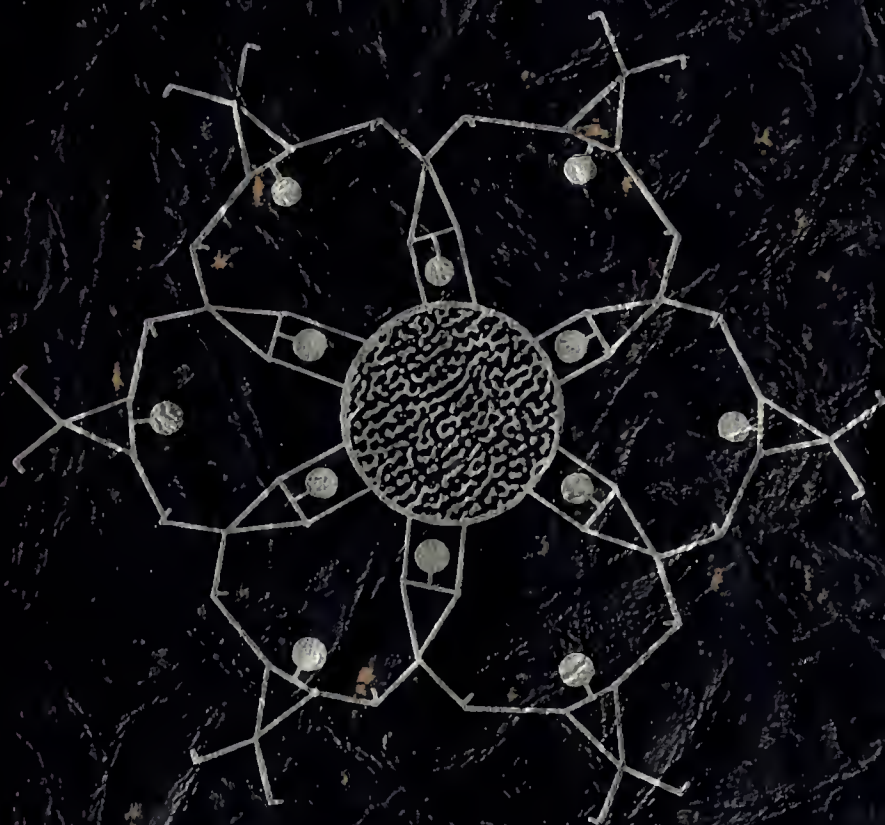
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Rhythmic SWIMMING



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RHYTHMIC SWIMMING

A Source Book of Synchronized Swimming and Water Pageantry

by

KATHARINE WHITNEY CURTIS, B.S., M.A.

formerly


Physical Education Department
Chicago Teacher's College

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PREFACE

It is my belief that there is a need for a source book of material adaptable for use in a swimming program. Innumerable books have been written on methods and techniques of teaching swimming. After the average person has been taught to swim--then what? All swimmers are not qualified for nor interested in competition. Twenty years of experience has proven to me that the water pageant in its varied forms is admirably suited to provide additional interest for the excellent as well as the average and mediocre swimmer.

9/28/54
This book has been written for use by those who are interested in the grace and rhythm of swimming. All of the material in it has been tried out and developed during twenty years of experience with girls in summer camps, high schools, normal colleges and universities, in a wide variety of programs which ranged from informal meets, splash parties, swimming club performances and elaborate pageants to the Modern Mermaids who performed at the Century of Progress in 1934.

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Burlington
It is my hope that this book will prove to be a source book, a guide and an inspiration to the teacher of swimming and to swimmers everywhere. I am greatly indebted to all my students who helped to organize all of the finished units; to the members of the Modern Mermaids who helped to popularize and to create interest in and enthusiasm for synchronized swimming and ensemble diving; and to Mr. J. C. Steinauer, Coach at the University of Wisconsin who was responsible for my original interest in 'Stunt Swimming'; and to Victoria B. Vacha for her continued encouragement, criticism and suggestions.

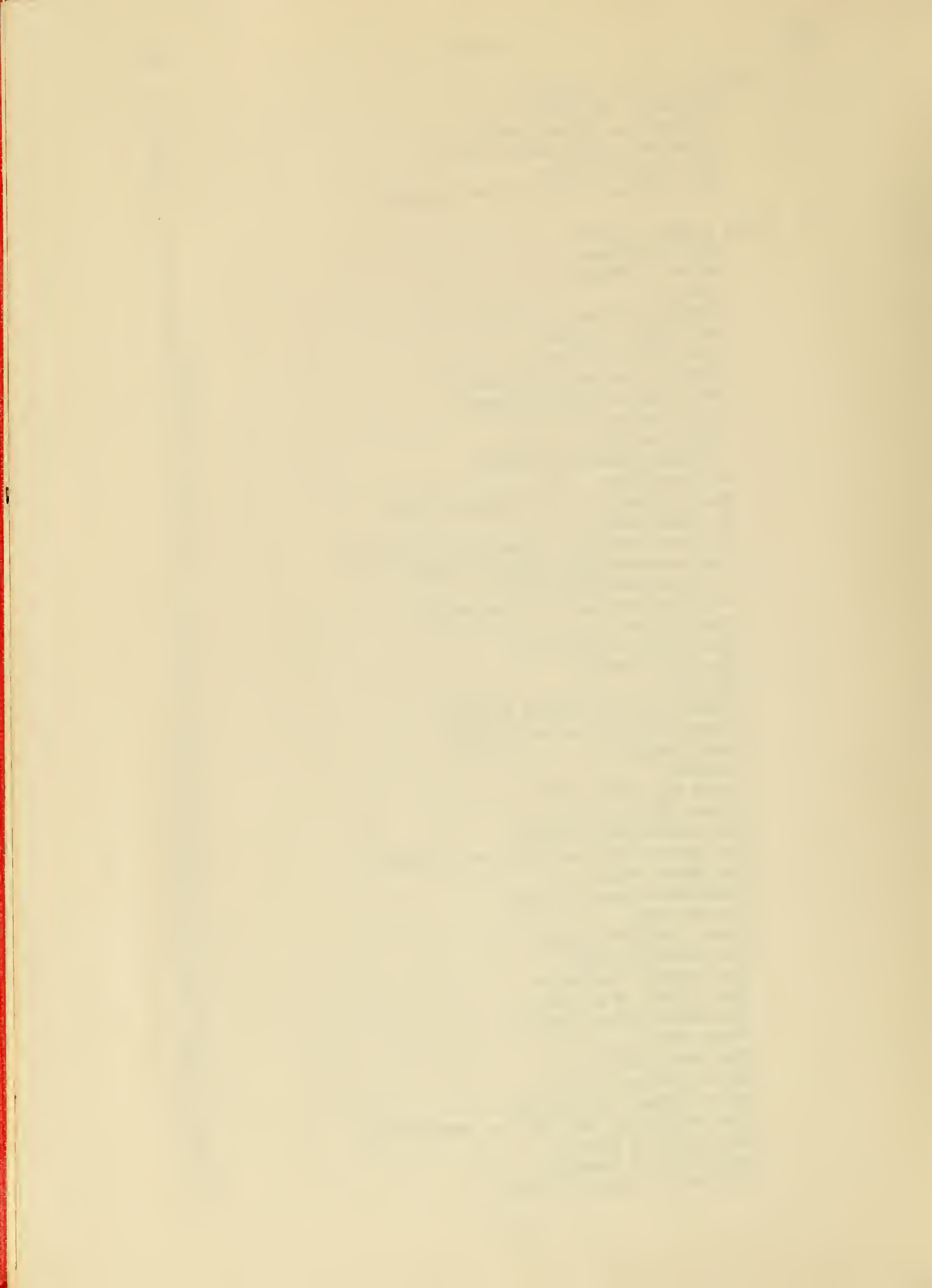
K. W. C.

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INTRODUCTION

In the past, much stress has been laid on developing and coaching the speed swimmer and little or no attention has been paid to the problem of developing the abilities and interests of the average and mediocre swimmer. It is possible to provide the average as well as the excellent swimmer with a means of enjoyment in the water which will offer as much personal gratification in performance as competition offers the competitive speed swimmer. Ease and relaxation accompanied with a feeling of pleasure, which is a part of the joy that comes from performance well done, can be made available to every swimmer. Stunt swimming broadens the scope of achievements for the average swimmer and increases his confidence in his ability in the water. It offers infinite possibilities for the development of poetry of motion with accent on ease, line, rhythm, and harmony of bodily motion rather than speed. For the purposes of this book, stunt swimming has been defined as including all swimming activities other than standard swimming strokes.

The water pageant is well adapted for providing a means of display or exhibition of the end products of the motor learning involved in stunt swimming. It provides a means of expression for a group interested in stunt swimming. Through the unit of the water pageant, the teacher is able to stimulate interest in swimming, foster stunt swimming and provide training in rhythm. It offers an opportunity for the students to participate in group activities adapted to individual abilities as well as learning to work in a group as a responsible part of the whole. The water pageant offers an opportunity for self-directed creative efforts by the student. It is a device through which the work of the Art, Music, Dramatic, Household Arts, English, History, Business and Physical Education Departments may be coordinated in the formation of the completed pageant.

In the water pageant, all grades of swimmers from the beginner who does not venture out of the shallow water, to the finished swimmer may be used. Before considering a water pageant, it is well to take an inventory of the abilities of the swimmers on hand and the numbers available for work. This inventory will be a determining factor in the degree of difficulty of the routines to be presented. The completed water pageant in Part V, Professor Bullfrog's School, has been used in a university pool with university students of excellent ability, in a Normal School pool with three times as many younger and less experienced students, and at a summer camp on an open lake shore with children from seven to sixteen years of age with a wide range of ability, all with uniform success and popularity in spite of the variance of swimming ability and ages of the three groups.

Stunts fitted to the abilities of the group may be treated as simple steps which may be united in different combinations and progressions to form a complete pattern. Parts II and III provide fundamental material which forms the basis of the routines to be presented. An analysis of the completed routines given in Part V will show that they had as their basis, the single units or stunts found in Parts II and III. Part II on Stunts, is both in the water and from the diving board, graded from the simplest to the most complex stunts, a range suitable to the interest and abilities of any age group. In Part III, Routines, will be found completed routines using as basic steps, standard swimming strokes and floating, synchronized to stress beauty of line, rhythm and harmony of motion.

Recently these stunts and routines have been welcomed into the competitive swimming field. They may be used successfully as an individual event, a duet, or a group event and have proved most satisfactory from the viewpoint of both the competitor and the spectator.

The entire action of a water pageant is held together by a plot or a story. Almost any story with a 'Watery' element and popular appeal may be used. The story suggests characters and continuity of action. Part V, Completed Water Pageants, demonstrates the way in which poetry and prose may suggest characters and determine the continuity of the action throughout the pageant. The routines to be presented in the pageant may be suggested by actual wording of the story or merely be inferred in the synopsis of the story contained in the program given to the audience. In a good many cases, the story indicates the basic figures to be used in creating the numbers or routines which make up the pageant. Part VI contains water pageant plots, in a good many cases with the author's suggestion for numbers for presentation and pageants given at universities and clubs not under the direction of the author. Part VII, a compilation of Sea Mythology, offers endless opportunity for the development of water pageants.

Music is an important part of the water pageant. It sets the rhythm of the swimming and aids in creating the mood indicated by the story. After the stunts have been chosen, and progression determined, the music must be selected. The most popular tempos are the march and waltz to both of which all standard strokes and stunts may be performed. A kind of hybrid stroke, a combination of the breast stroke and the side stroke may be done to the rhumba rhythm. When the music is selected, the stunts and figures are adapted to the measures of the music in much the same manner that one might adapt dance steps to form a dance routine. This book will be found to be most useful if the basic stunts are treated as simple steps which may be combined to form a complete number or routine. Parts III, V, and VI, all have routines with suggestions for music. An analysis of the basic steps in these routines will demonstrate the fact that basic steps or stunts were combined and set to measures of music in the complete number.

It is possible to use many types of music. The piano, a small orchestra, an accordeon, victrolas ranging from the portable to the machine with orthophonic attachments, and ukeleles have been used with uniform success. This, of course, is entirely dependent upon the individual situation. It has been found to be expedient to use a tom tom during practice periods, keeping in mind the number of measures for each basic step and the duration of the entire routine. Experience has proven that the length of the average victrola record, two and one half to three minutes is as long as even excellent swimmers can do constant swimming and maneuvers. A whistle has been used to great advantage to indicate changes in the routine for students inexperienced in swimming to music, since they often have difficulty hearing the music.

Costuming is one feature not discussed at length. Suggestions, however, will be found in Part V. Experience has proven that the most desirable costume is the simplest one. The author has had experience with costumes ranging from realistic wired lobsters claws and headdress, to simple colored swimming suits which merely suggested the character portrayed. The latter was as effective as the former and did not tax the endurance of the swimmer. Details that have been used effectively will be found in the part previously mentioned.

An additional feature which must be considered seriously when creating routines and patterns is the line of vision of the audience. An elaborate figure floating number may be lost entirely if the audience is seated on a level with the swimmers. The ideal situation, of course, is one in which the audience is seated above the pool so that they look down on the field of activity. To a certain extent, decoration and properties must also be considered from the audience viewpoint. Simplicity in decorations and properties, as well as in costuming is extremely effective. Line color and design should suggest the desired setting for the plot rather than attempt to realistically portray it. If a pageant is to be presented at night and colored

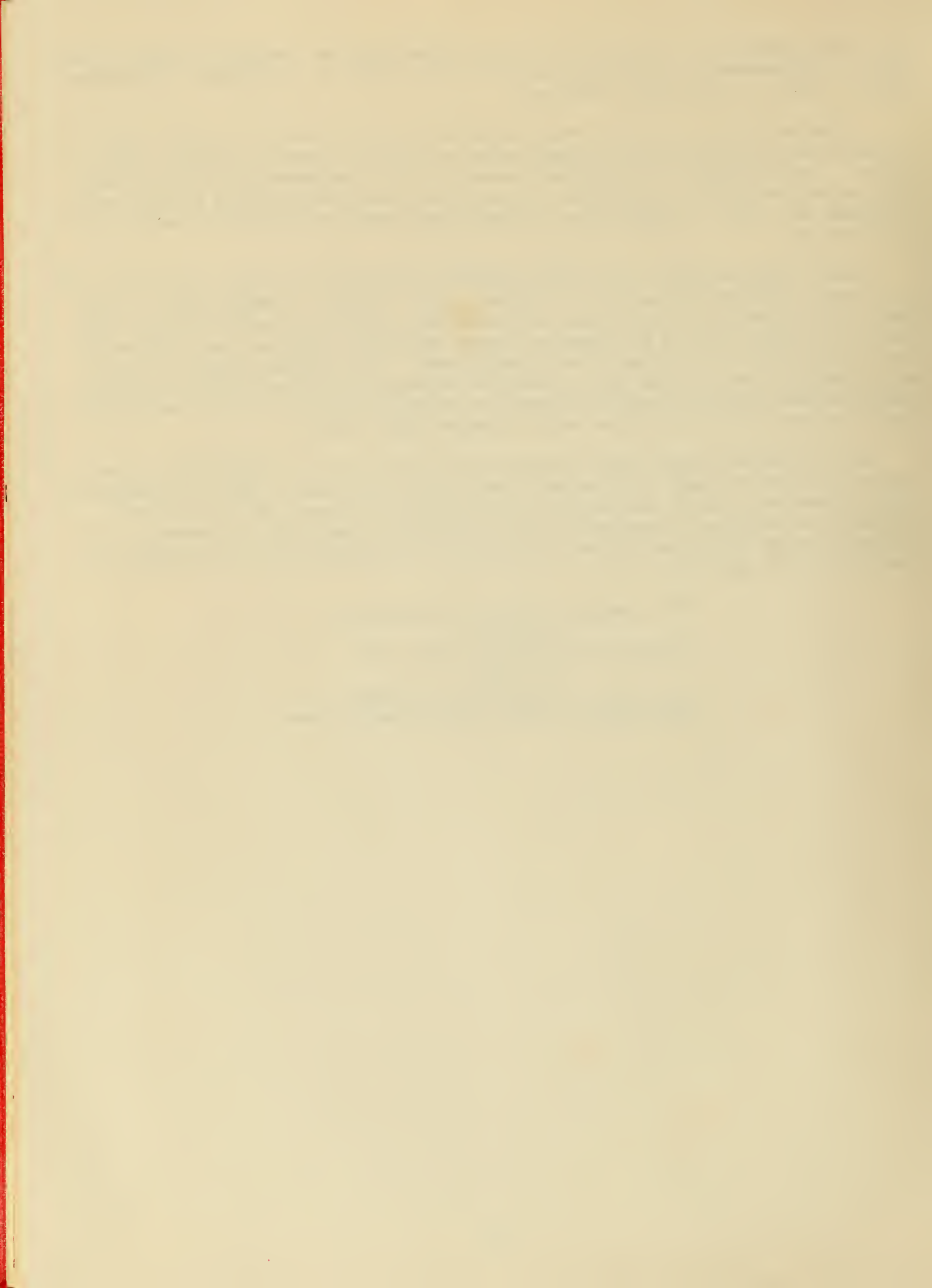
lights are available, they may be used very effectively in creating the mood of the story. Suggestions for decoration will be found in Part V. Individual situations, however, call for individual treatment.

Suggested races, games and camp specialties in Part IV will be found useful in planning the informal meet and splash party as well as a source of humor in the pageant. The appendix contains graded stunts both in the water and off the board with points for difficulty awarded. These offer great possibilities for the development of a type of competition in which form, beauty of motion and rhythm would be considered.

Aside from the idea of the water pageant, the material in this book may be used to present an individual number at a splash party, informal swimming meet, as the basis for a Swimming Recital which contains a fair balance of serious figure swimming and floating, stunts and humorous events which are suggested, and also as numbers during events in a competitive swimming meet. The audience seems to derive more pleasure from watching the synchronized swimming than they do from the speed events because they can visualize themselves doing the former with the realization that they could never attain the world champion speed class.

It is sincerely hoped that this book will prove to be an inspiration to the teacher and that through the material found herein, she will be able to broaden the scope of activity thereby increasing the possible achievements of her students. Enjoyment in swimming is available to all, it knows no age limits or season. It is the one sport to which one may turn for relief from everyday cares and emerge refreshed in mind and body.

For rhythmic sense of action free,
 We swim,
To make life what it ought to be,
 We swim,
We swim to bring us sweet release
From cares of day and our troubles ease.



PART I

SYNCHRONIZED SWIMMINGHistory:

The term "synchronized swimming" was originated by Norman Ross while he was announcing my program of the Modern Mermaids at the Century of Progress in Chicago in 1933. This type of swimming is as old as swimming itself for we find descriptions of various stunts and tricks in all of the older books on water activities. To "synchronize" says Webster, "is to agree in time". Thus, in synchronized swimming the movements of the individual swimmers are synchronized one with the other as well as with the accompaniment be it vocal, percussion, or instrumental. The early results of this type of swimming were misnamed "ballet" and consisted chiefly of many floating formations with some form of swimming or sculling to enable the performers to maneuver from one formation to the next. The new growth has introduced the use of group movement using stunts as well as floating formations and swimming strokes. It has also involved the elements of musical accompaniment, composition of the routine itself, the style in which the performers interpret the routine, and the difficulty of the stunts involved.

My interest in stunt swimming originated in 1915 while I was a student at the University of Wisconsin under the guidance of Coach Joe Steinauer. I was a graceful versatile swimmer but had neither the speed nor the interest necessary for competitive swimming. Stunts, however, were a challenge to me. They stimulated my imagination and while I was teaching at the University of Chicago in 1923 I started one of the first, if not the first of the College Women's swimming clubs, the Tarpon Club. While working with this group the ballet or synchronized type of performance was developed. Our programs were no longer composed of isolated tricks such as the Monte Cristo sack trick or swimming with ones hands and feet tied, but we added music to group swimming. At first this music was merely an accompaniment but later the movements in the water were synchronized exactly with the beat and measure of the music just as one would synchronize dance steps.

This new form of rhythmic swimming requires endurance, not speed; versatility in the use of all strokes, not specialization in one; a keen sense of rhythm; the specific development of the ability to adapt ones strokes to the average strokes of the group. The team is only as strong, as finished as its weakest performer. In this type of swimming, however, is the opportunity for the swimmers of middle ability. The degree of difficulty in any performance can be adjusted to the individual's ability; she can progress at her own rate of speed; her success depends not upon her strength but upon her skill; her creative interest finds a wide field in the development of routines; and there is a strong carry over value not only to the participant but to her family and friends.

This type of performance is not of American origin. Germany has had floating formations for competition for years; England has had group swimming at their swimming galas; Canada holds an Annual Championship of Ornamental Swimming at which they award the Gale Trophy to the best individual swimmer. But, competition in group stunt swimming did originate with us in the United States. When I left Wright Junior College in Chicago in 1938 I left behind me the first Co-educational Synchronized Swimming Club in the United States. At my new school, Chicago Teachers College, we organized a similar club and it was only natural that a feeling of rivalry should spring up between the two groups. Through their own interest and enthusiasm, the students (under the leadership of Frank Havlicek, student leader of the group) developed events and rules for a Dual Meet in Synchronized Swimming between the co-educational teams of the above colleges. This meet was held at Chicago Teachers College in May 1939 as part of the Annual Teachers Day program.

The events in this competition were as follows:

1. Floating Routine:

Performed by not more than 14 persons (of either or both sexes) to music and lasting not more than 7 minutes.

2. Small Routine:

Performed by 2 or 4 persons (of either or both sexes) to music, and lasting not more than 4 minutes.

3. Fancy Stunting:

Each team is represented by 2 individuals, one of each sex, each performing 4 required stunts, and 4 optional stunts chosen, one each, from the 4 "groups" of stunts which are graded with points for difficulty. This event will be conducted like the fancy diving event, each stunt being judged individually on ease, grace, form and rhythm.

4. Large Routine:

Performed by 8-12 persons (of either or both sexes) to music, and lasting not less than 2 minutes nor more than 4 minutes.

Familiar stunts were given a difficulty multiple as has been done in diving and all the routines were judged on (a) timing, (b) style, (c) difficulty, and (d) composition.

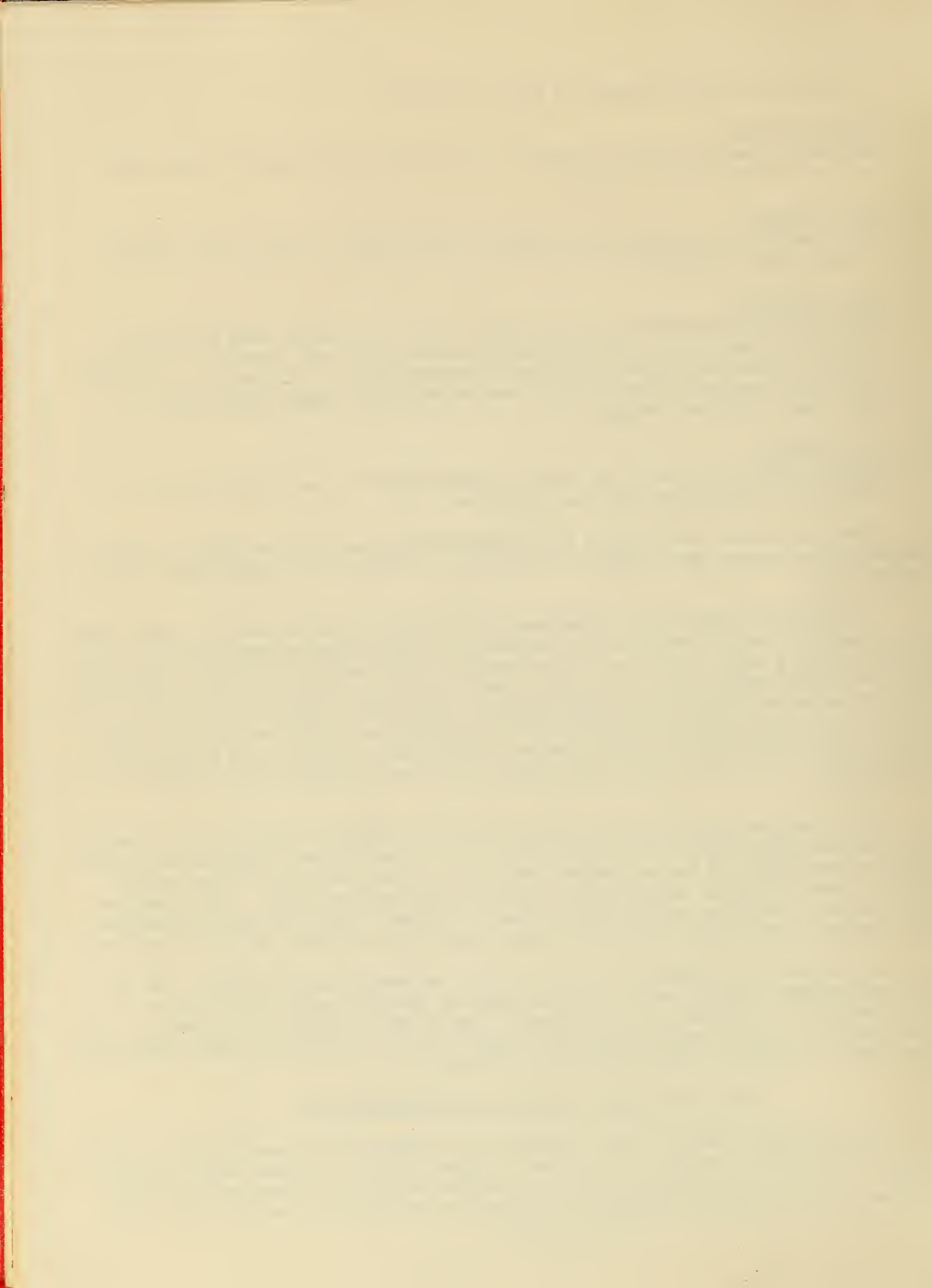
In 1940 David Clark Leach, Chairman of the Central Amateur Athletic Union Swimming Committee, and I conducted two competitive synchronized swimming events in the Chicago area, a ballet event and a duet event. Both indoor and outdoor events were tried with the result that the National Amateur Athletic Union has now accepted this form of swimming for District Championships. (Rules for conducting competition, descriptions of and difficulty multiples for the accepted stunts etc. will be found in the 1941 Amateur Athletic Union Swimming Handbook). We hope that a National Championship will follow and at some future time even International competition will be possible.

The rules and regulations for the 1940 competition were drawn up by a committee composed of representatives, students, and coach, from all the organizations in the Chicago area which had had any experience with "ballet" swimming. This included parks, clubs, colleges, universities, schools and community pools. This Synchronized Swimming Committee of the Central Amateur Athletic Union had many discussion meetings and a trial meet before the final rules were accepted, at least temporarily.

I feel that the surface of this new field has barely been scratched. We will see much progress in the use of various types of accompaniment and the actual interpretation of the music. At the present time at Mills College, California, a Miss Lois Carrell is doing very interesting things with what she terms "water composition". The future is teeming with exciting possibilities.

When Developing A Synchronized Swimming Group

When training a group to swim together it is necessary to consider the swimming level of the weakest member of the group. Choose stunts or strokes which all can perform. Unite these into an interesting harmonious whole---or routine. If this routine is to be used for competition one must be particularly careful about the points upon which it will be judged, namely:



A. Difficulty:

The difficulty multiples of the stunts and strokes involved in the routine.

B. Composition:

The balance, the symmetry, the method of transition from one stunt to another, the use of a central theme or pattern, the use of variety to avoid monotony, the creation of interest or appeal.

C. Style:

The manner in which the routine is performed (with confidence, ease, pleasure, grace, "oomph").

D. Accompaniment:

The use of accompaniment in harmony with the movements of the performers (in the same mood), and the timing of the performers with the accompaniment, the interpretation of the accompaniment.

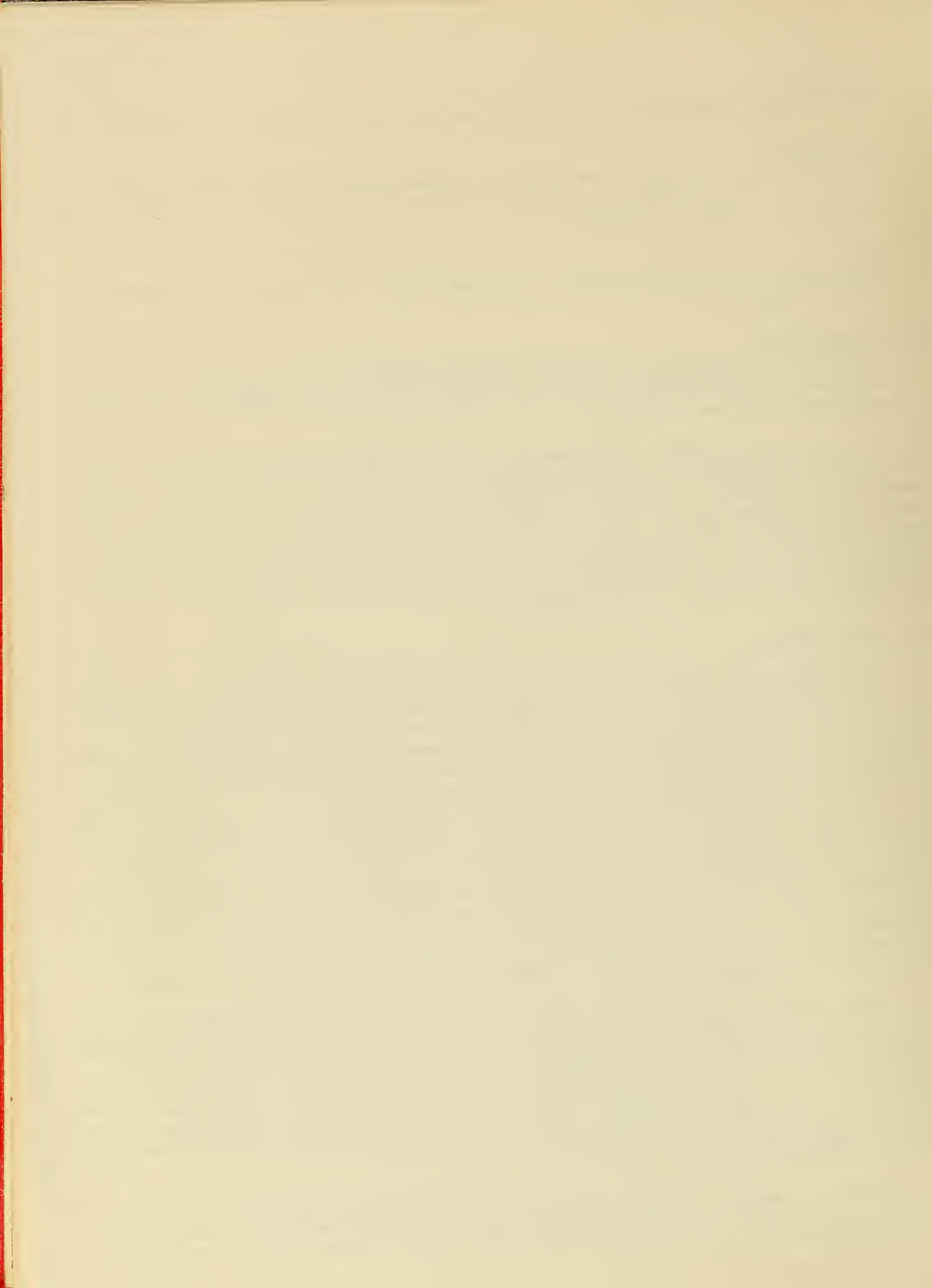
At first you may find it necessary to use the music as accompaniment only but the finished synchronized swimming group plans all movements to the exact beats and measures of the music. That is why the use of records is the simplest and the most satisfactory accompaniment. The timing and number of measures is always the same. Much of the practising of routines can be done by dry land drills and blackboard talks which save much time and energy. As for music, waltz tempo is the simplest rhythm for this form of swimming but the fox trot, carioca, rhumba, tango, bolero, and conga have all been tried successfully.

Building A Routine:

When building an interesting routine one usually tries to alternate synchronized group movement with "pictures". Often the simpler stunts perfectly executed are much more satisfying than the difficult ones poorly or unevenly performed. Separate your difficult stunts with resting strokes or stunts. Create simple interesting patterns on the surface of the water because your average audience cannot follow the underwater movements as easily as the surface movements. If your audience is at the water level try to raise your routines above the water level as much as you can by the use of "flying" stunts, etc. If your audience is above the water level, floating formations will be very effective and you can use more underwater work. In changing from one position to the other in the water do so with as few movements as possible using sculling, dolphins and porpoises with underwater swimming or a tuck and a roll-over or a pendulum if it is to be done on the surface of the water. Don't break the continuity of your routine by touching the ends or sides of the pool except at your entrance or exit. Vary your entrances and exits as to position on the edge of the pool and method of entering and exiting the water.

After determining the stunts which your group can perform and uniting these into a sequence, the number of times you will repeat each stunt or stroke is determined by your accompaniment and the dimensions of your pool. It is then that you plan your patterns and work out the harmonious whole. You may wish to reverse this process by selecting your music first and then discover what stunts and strokes can be performed to that selected tempo. And, lastly work out your sequence making changes at the change in phrasing of the music and completing the number at the climax of the accompaniment.

Before competition entered the field of synchronized swimming, most of the routines were floating routines. Competition, and the necessity of standardizing the techniques and stunts involved in the units to be judged, forced a swimming



routine into this field. This type of performance is more difficult than the former floating routines but, up to the present time, has less spectator appeal because it moves too fast for the audience to follow and appreciate the difficulty of execution. In the Amateur Athletic Union competitive duet, and ballet events, the routine must include at least two of the standard strokes (each executed at least three successive strokes) and two of the following stunts:--kip, dolphin, somersault or porpoise. Full details of other rules and regulations governing these events can be found in the Amateur Athletic Association Swimming and Diving Handbook obtainable at any Amateur Athletic Union Office.

When training a group to perform any routine it is necessary to break the routine into its individual parts and teach them to the performers before having the swimmers perform them in their proper sequence. Land drill is of inestimable value before practising the sequence in the water.

Floating Routines

Fundamentals Involved in Group Swimming Programs:

The following lists may help in teaching material for the types of programs described in the earlier part of this book. They are the standard strokes and stunts and variations of the standard as we have used them during the past years.

I. Fundamentals for mass or formation swimming (surface routines)

1. Breast stroke forms

1. Standard breast stroke
2. Butterfly " "
3. Fishtail " "
4. Inverted " "
5. Reverse " "
6. Simple backstroke
7. Frog swimming
8. Vertical breast stroke
9. Tandem " "

2. Sidestroke forms

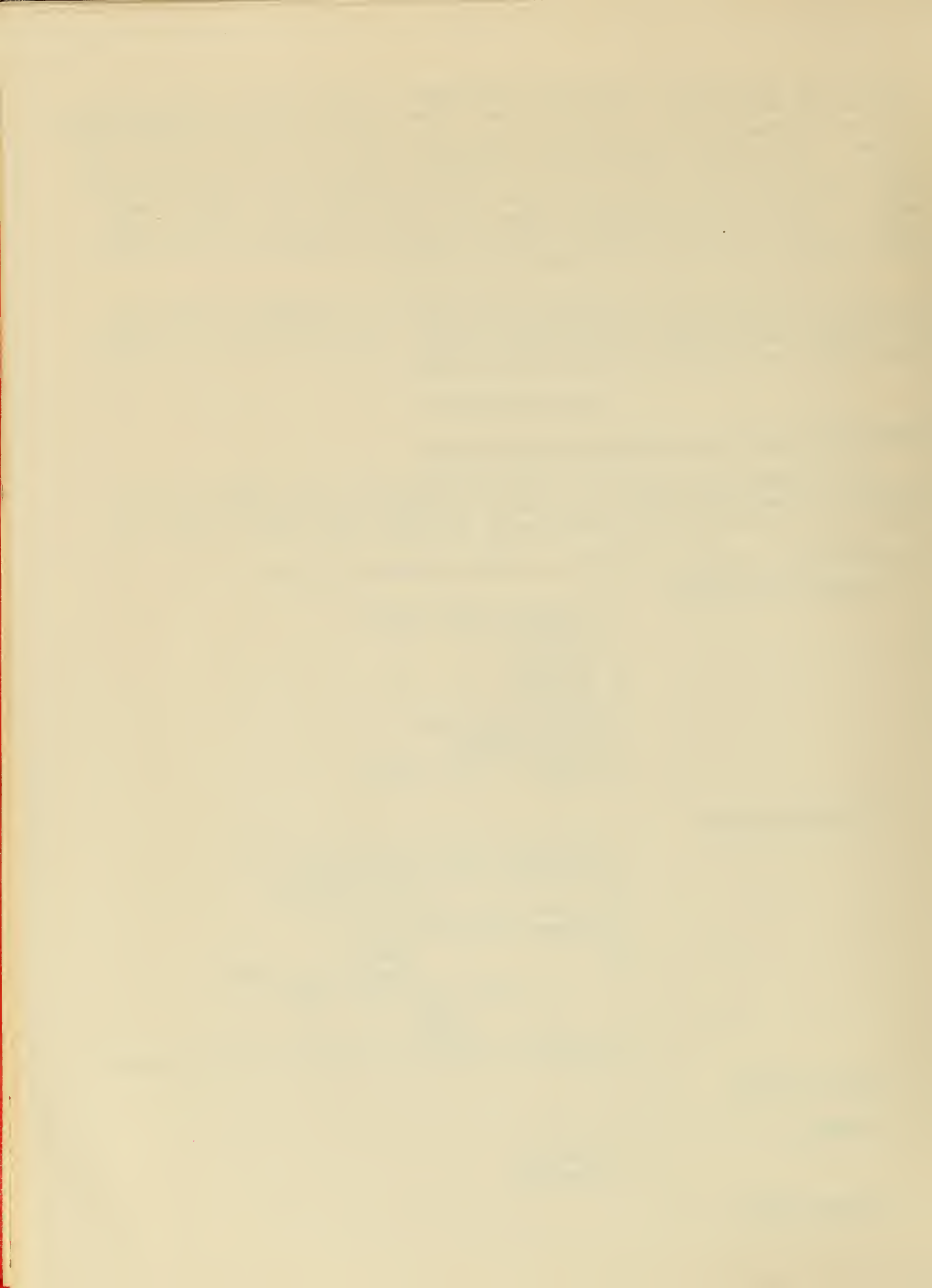
1. Standard sidestroke (on both sides)
2. Sidestroke with inverted kick
3. " " shallow arm pull
4. Scissor kick used on the back
5. Tandem sidestroke (chain)
6. " " (spoon)
7. " " (facing each other)
 - a. With lower hands joined
 - b. " upper " "
 - c. " both " "
8. Corkscrew sidestroke (sidestroke with a log-roll)

3. Single overarm

4. Trudgeon

1. Standard
2. Revolving

5. Trudgeon-crawl

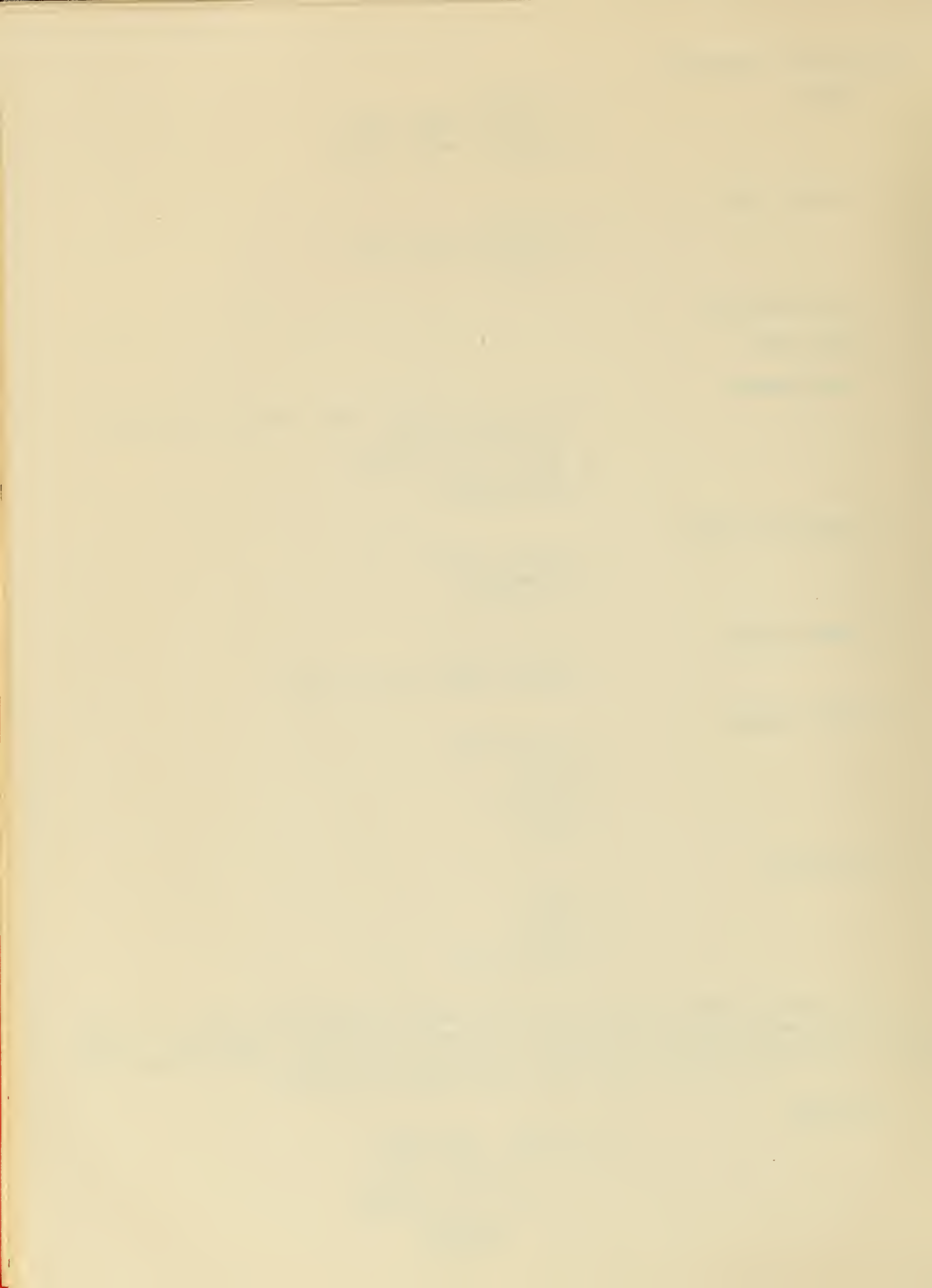


6. Crawl
 1. Standard
 2. With one hand joined
 3. With two hands joined
 4. Tandem
7. Reverse crawl
 1. Standard
 2. With one hand joined
 3. Tandem
8. Revolving crawl
9. Waltz crawl
10. Mixed Tandems
 1. Crawl with reverse crawl (using the same arms or opposite arms)
 2. Breast and backstroke
 3. Tug and ship
 4. Water Spider
11. Underwater strokes
 1. Breast stroke
 2. Sidestroke
 3. Backstroke
12. Shadow strokes
 1. Breast stroke
 2. Breast stroke and backstroke
13. Hybrid strokes
 1. La cucuracha
 2. Rumba
 3. Carioca
 4. Foxtrot
 5. Tango
14. Tank turns
 1. Side
 2. Breast
 3. Crawl
 4. Reverse crawl
 5. Flip turns

Up to now the swimmers have been working on the surface of the water. In order to get into position for floating figures one needs to understand primarily sculling, surface diving and porpoises, dolphins, kips and treading water. The following will give an idea of the various forms of the above which are possible.

1. Sculling
 1. On back, toward head
 2. " " " feet
 - a. Hands at side
 - b. " overhead

Torpedo
Propeller



(Fundamentals continued)

3. On back turning both directions
4. Star float (Sculling in place on back with toes touching while opening and closing legs)
5. On face, toward head (muskrat) hands under hips
6. On face, toward feet (lobster) hands extended
7. On side making a single circle or a figure 8
8. Vertical with head up while feet pendulum
Vertical with head down (walking on hands)

2. Treading water

1. Using scissor kick
2. " frog kick
3. " a circular kick
4. Testing the depth
5. Riding a bicycle in the Alps

3. Surface dive

1. With a tuck
2. " " pike
3. Porpoise
 - a. Standard
 - b. Flying
 - c. Side
 - d. Double Flying
 - e. Spiral
 - f. With $\frac{1}{4}$ turn
 - g. " $\frac{1}{2}$ turn
 - h. " $\frac{3}{4}$ turn
 - i. " full turn
4. Footfirst surface dive
5. Monkey roll

4. Backward surface dives or kips

1. Standard (two legs extended)
2. " with $\frac{1}{4}$ twist
3. " with $\frac{1}{2}$ twist
4. " " full twist
5. Kip with one leg extended (ballet leg kip)

5. Back somersaults

1. In a tucked position
 - a. Single person
 - b. Double with partners facing each other, hands joined.
Double with partners backing, hands joined.
2. In a pike position
3. " " layout position (a dolphin)
 - a. Standard
 - b. With $\frac{1}{4}$ twist
 - c. " $\frac{1}{2}$ twist
 - d. " $\frac{3}{4}$ twist
 - e. " a full twist
4. Flying dolphin
 - a. Single person
 - b. Double

(Fundamentals continued)

6. Foot first dolphin (somersaults)

1. Standard
2. With a $\frac{1}{4}$ twist
3. With a $\frac{1}{2}$ twist
4. " " $\frac{3}{4}$ twist
5. " " full "

7. Tandem dolphins (two people joined, but in open position)

1. Plain, head first
2. " , feet first
3. Mixed (with legs joined)

8. Wheels (two or more persons with circle closed)

1. Pinwheel (2 persons)
2. Triple wheel (3 persons)

9. Front somersaults

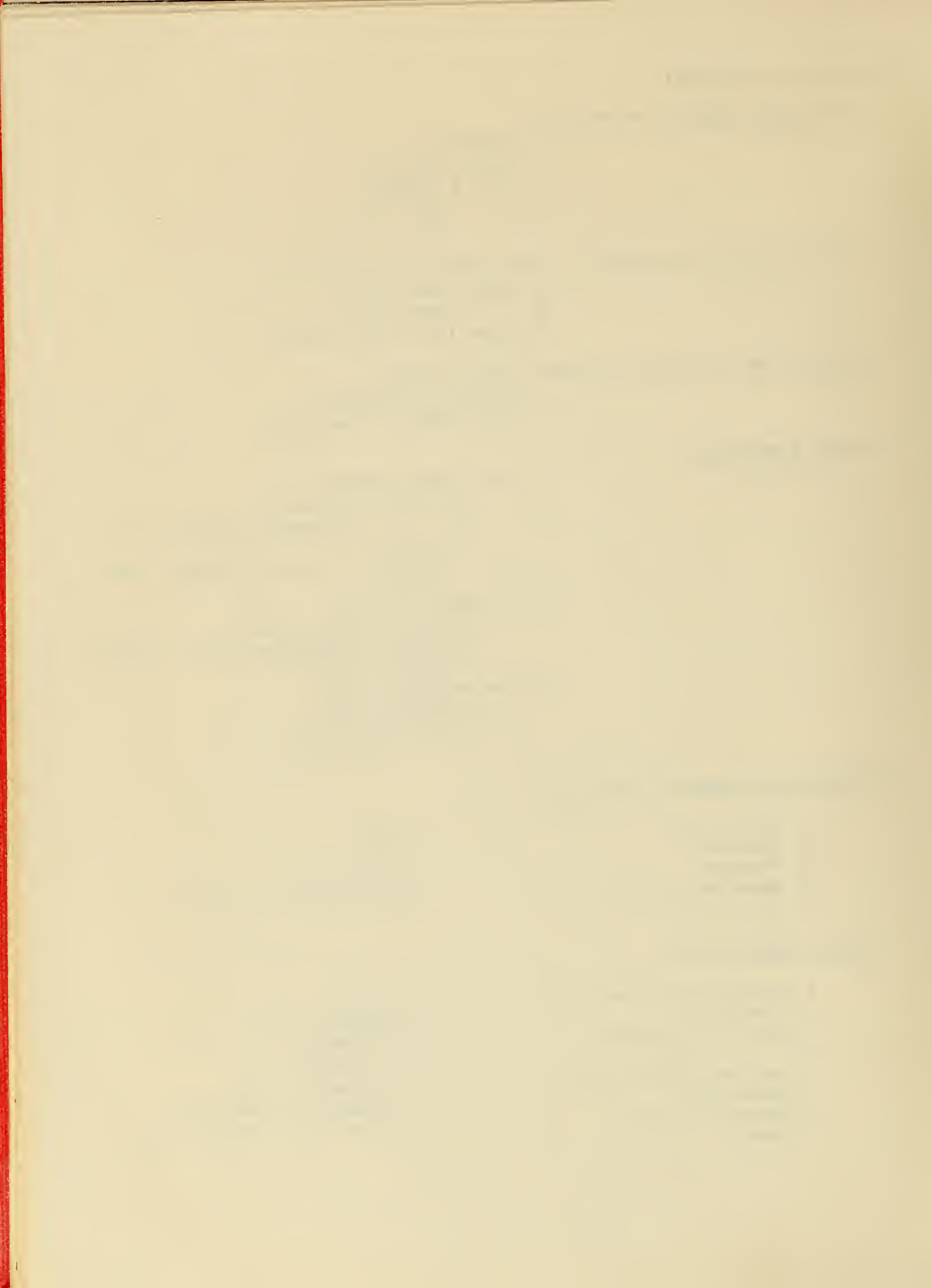
1. In a tucked position
 - a. Plain, one person
 - b. " , two persons facing, hands joined
 - c. Plain, two persons backing, hands joined
2. In a pike position
 - a. Plain, single person
 - b. Double progressing, with two persons (double flip)
3. In a layout position
 - a. Plain, single
 - b. With a $\frac{1}{2}$ twist
 - c. " " full twist

10. Additional frequently used stunts

- | | |
|--------------------|--------------------------|
| 1. Ballet leg | 6. Tub |
| 2. Submarine | 7. Bicycle |
| 3. Pendulum | 8. Plank glide |
| 4. Mermaids prayer | 9. Marching on the water |
| 5. Log-rolling | |

11. Comedy Possibilities

- | | |
|-----------------------------|--------------------------------|
| 1. Looking for a sweetheart | 9. Sunfish |
| 2. Pick-a-back | 10. Tasmanian crawl |
| 3. Egyptian sidestroke | 11. Self rescue |
| 4. " crawl | 12. WPA stroke |
| 5. Hollywood back stroke | 13. Testing the depth |
| 6. River swim | 14. Swimming in a bath tub |
| 7. Upstream swimming | 15. Riding a cycle in the Alps |
| 8. Rumba | |



(Fundamentals continued)

When teaching these stunts to any group they fall into natural sequences.
For example:

Sequence I

1. Sculling on the back toward the head
2. Backward somersault tucked
3. Kip (2 legs)
4. Kip with twists
5. Kip with one leg extended

Sequence II

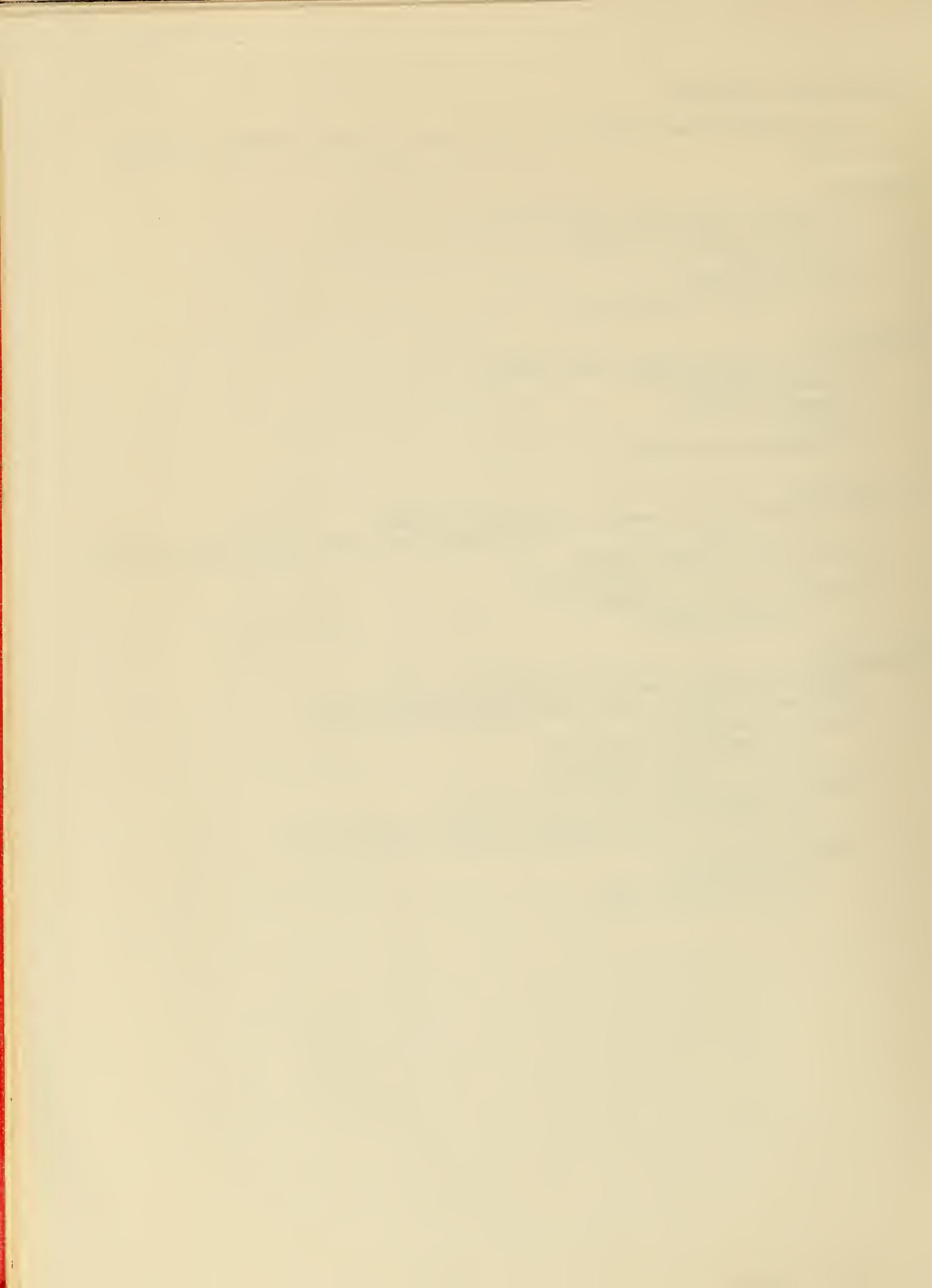
1. Flying dolphin (single and double)
2. Dolphin (standard)
3. Tandem dolphins
4. Wheels
5. Dolphins with twists

Sequence III

1. Sculling on back towards feet (hands at side)
2. " " " " " with hands over head (torpedo and propeller)
3. Foot first dolphin (plain)
4. " " " with twists
5. Tandem foot first dolphin
6. " mixed dolphin

Sequence IV

1. Sculling on back towards feet (hands at side)
2. Placement sculling (star float) and turning (wheel)
3. Sculling on face
 - a. toward head (muskrat)
 - b. " feet (lobster)
4. Vertical sculling
 - a. with head up while feet pendulum
 - b. " " down (walking on hands in deep water)
5. Sculling on side
 - a. in a circle
 - b. in a figure eight



PART II

SWIMMING STUNTS

Water stunts, board stunts, tricks for single performers and for groups, and water games and races.

SIMPLE

Bobbing.

Push down with the arms to raise the body as far out of the water as possible. Then submerge, going directly to the bottom in an erect position by throwing arms high out of the water over head, keeping legs extended and together. Inhale above water, hold breath on the way down, and exhale on the way to the surface again. In order to regain the surface, push down on the arms until surface is reached. This is executed in even rhythm, and may be varied by using a circle formation; or it may be done in pairs with both partners going up and down at the same time, or alternating like a see-saw.

Figure floating.

Letters or figures or patterns may be formed with the participants floating on the face or on the back.

Mermaid prayer.

Assume position of prayer, and hang in this position, hollow the back and reach folded hands out in front.

Advanced sculling toward the feet.

Float on back, hands close to sides, low under the hips. Using the arms as sculls, extended, but with flexible wrists and elbows, swing the arms away from body about a foot, with little fingers up and a sharply bent wrist, pushing the water toward the head. Return the arms to the sides gently with thumbs up. The emphasis should be on the push away from the body in order to push the body toward the feet.

Advanced sculling toward the head.

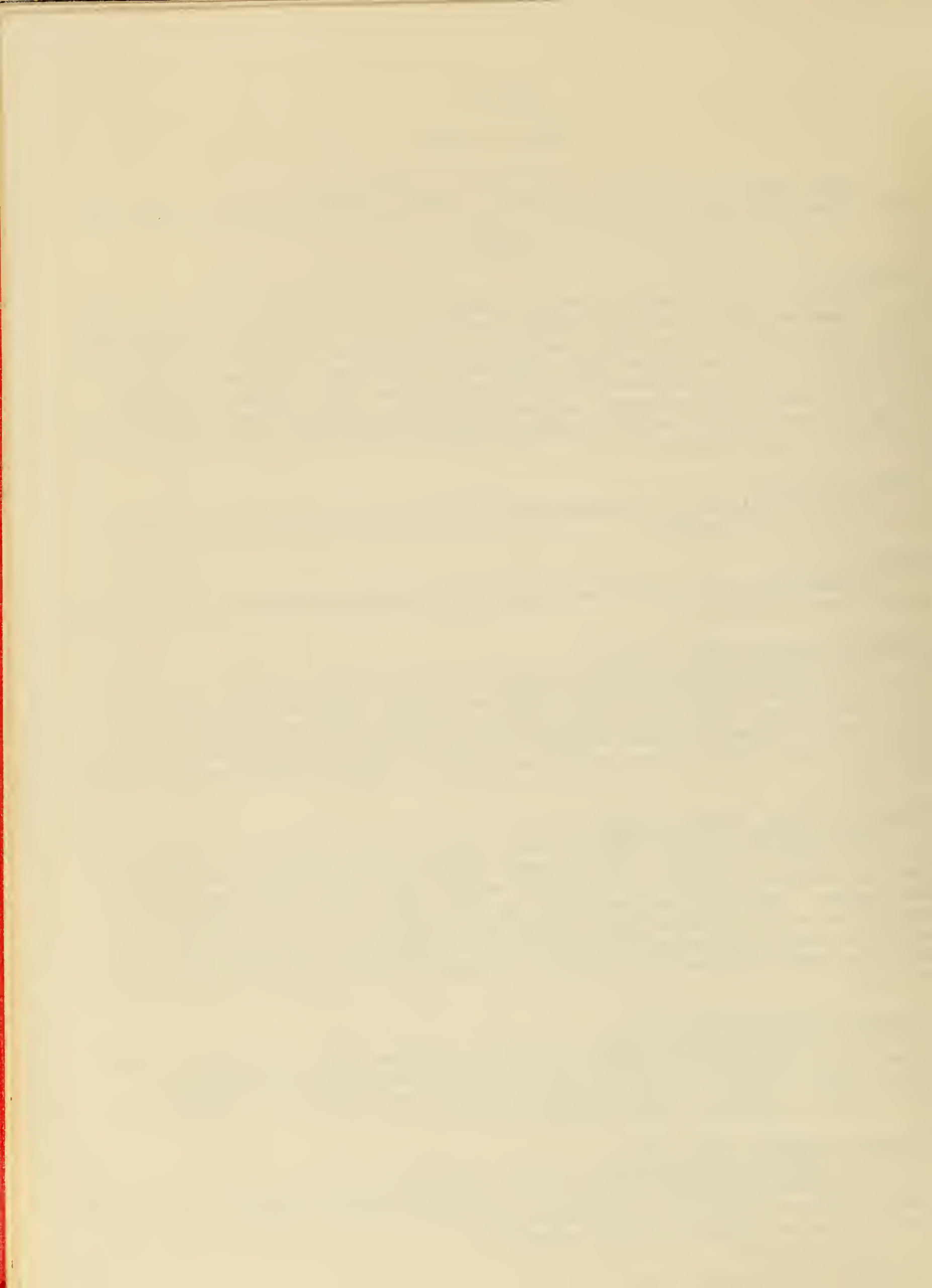
Float on back, hands at side of body. Propel body toward head by using hands as sculls close to the body. This movement starts at the shoulders, using the entire arm extended, but with a flexible elbow and wrist. The legs remain extended and together. Swing the arms away from the body, palms out, little fingers up. Return arms to side, turning palms toward body, thumbs up. By relaxing the wrists, making the hands the lash of the whip, a figure eight will be executed with each hand. The arms work simultaneously and continuously emphasizing the pull in toward the body.

Elementary sculling toward feet.

Float on back, hands at sides, slightly lower than hips. Bend wrists so that finger tips are down. By bending the elbows, pull the hands in this position sharply toward the head. Relax the hands and arms and reach to the starting position. Repeat, pulling the body toward the feet.

Elementary sculling toward head.

Float on back, hands at sides of body. Bring hands slowly up to waist, keeping thumbs in contact with sides. Bring tips of fingers above the surface of water by flexing wrists and quickly push the water toward the feet by extending elbows forcibly. Pause and repeat the entire movement.



Side porpoise.

Standing in shallow water, jump body high out of the water, diving sideward, with hands together overhead. Repeat, advancing with each spring.

Spinning top (swimming in a tub).

Draw the knees up against the chest, keeping the hips down, and spin around on your own axis, by sculling with the hands below the body, pushing the water forward with the right and backward with the left hand.

Surface dive.

Starting from an arched position on chest, arms extended, sweep arms to side in breast stroke. With an upward scoop of arms, bend sharply at the waist as in a jack-knife, chin on chest. This should bring the hips out of the water. Lift the extended legs over the head as in a hand stand, being careful not to raise the head. This motion should force the hands to the bottom. When down, bring the feet to the bottom in a squat position, and push up to the surface.

This stunt may also be executed by turning a half forward somersault in a tucked position, and forcibly extending the legs into the air as in a hand stand.

Swimming with feet tied.

The swimmer may scull toward the head or feet on back or face, or swim breast stroke, back stroke or side stroke without the legs; or can use the legs by bending the knees and pushing the water with the shins.

Swimming with the hands tied.

With the hands tied behind the back, it is possible to swim on the back or on the face using the frog kick, scissor kick or crawl kick. With the hands tied in front, the same kicks are possible, but the arms may be used also to push the water toward the feet.

Tandem simple back stroke.

One of a pair of swimmers swims simple back stroke with arms, feet hooked in armpits of partner, knees stiff, keeping in unison with the second person who swims with both arms and legs.

Wheel floating.

A group of eight swimmers form a circle, four facing in and four facing out. The tallest ones should be facing the center. Those in the center float and join hands in center, thus forming the hub. Spread legs so that the outer circle may grasp them with extended arms, thus forming a wheel which may be turned.

If the outer circle members of the wheel float also with their legs together, two swimmers may turn the wheel by swimming around and pulling the wheel.

INTERMEDIATE

Butterfly floating.

Done in partners, floating on back with feet of one at head of the other. Grasp each others nearest leg with the nearest hand, putting the hand under the ankle. By spreading and closing the arms and legs gently, the pair may turn themselves around.

Double float.

Partners floating on back, one ahead of the other, with arms extended over head, legs closed, the first one grasping the ankles of the other. Slowly and deliberately spread arms and legs. Close and repeat.

Figure Eight.

Lying on side with arched back on surface of water, top arm extended over-head, resting in the water. Use the under arm to scull the body in a circle. When one circle is completed, roll over to other side, catching breath and extending other arm and complete second circle of figure eight.

Figure swimming.

Patterns and figures may be executed, using different strokes and following the leader as in maze marching or any land drill in closed or open formation.

Flying dolphin.

Dolphin (back somersault lay-out) executed with a push-off from bottom to take body up out of the water.

Flying porpoise.

A porpoise executed with a push off from bottom carrying the body out of the water before the dive.

Foot first surface dive.

With body in perpendicular or upright position in the water, keeping legs together, straight, toes pointed, and with upward strokes of the arms sink below the surface. Sometimes one single upward sweep of the arms, finished with arms extended over head will furnish sufficient momentum. After complete submersion, tuck body, head down, and swim to bottom.

The foursome.

Number 1 and 2 swim on back, using crawl kick, inside hands joined, stretching sideward, and pulling number 3 and 4 by their outside hands outstretched. Number 3 and 4 swim on face, head up, inside hands joined and stretched sideward, using crawl kick.

Frog swimming.

Swim on face using frog-kick holding hands and arms motionless, bent under chest, palms down.

Front somersault - Pike.

From a front lay-out position on face, using breast-stroke for momentum, execute a front somersault with body bent at the waist line, legs straight (pike or jack-knife position) using the arms extended at the shoulders to pull (in a circular motion) the body over. Finish in starting position.

Hand stand.

Stand on hands in the shallow water with legs together straight overhead, toes pointed, back arched. It is done by turning half a front somersault, then placing hands on the bottom and extending the legs.

Heavenly twins.

Partners swim with inside arms tied together at the wrist and inside legs bound together at the ankle.

Leap frog.

1. In pairs, just as on land, with the back member of the pair leaping over her partner, feet spread apart and landing feet first on the other side.

2. As above, but going over head first.

3. In a line. The leaper goes over the first one and under and between the legs of the next one.

4. In pairs. Number 1 floating on the surface on her face with her arms and legs spread. Number 2 swimming from behind, glides over number 1, pushing her to the bottom by pushing on her shoulders and then, by standing on her shoulders, gaining force to move forward and stretch out on the water as her partner had been. Number 2 in the meantime pushes up from bottom. Immediately upon touching it, she slides through her partners legs and repeats the entire procedure.

Looking for a sweetheart.

In deep water, one partner on land, one in the water. The one in the water shouts for help and disappears. No. 2 dives in, swims over to where No. 1 has disappeared and, standing on No. 1's shoulders, shades her eyes and looks anxiously around. Suddenly, the person below pushes No. 2 forward off the shoulders, pulling her down to the bottom and climbs up onto the others shoulders. So the search continues.

Motionless sinking.

Assume a face float, arms extended over head, holding breath, and then blow out all the air through the nose in a steady stream trying to sink to the bottom. Usually, you slide down and back toward the feet. Lie flat on the bottom, face down for a moment then place one or both feet on the bottom, or simply both hands and spring to the surface.

Pendulum.

Float on back, legs together, arms extended over head. Take deep breath and bring head forward as hands are gently drawn toward the head, causing feet to sink. When perpendicular, breathe again, bring arms gently to front of the body and extend out in front, face in the water, raising heels to face float position. To resume the back float position, raise head slowly and breathe. Draw hands to back of head, causing feet to sink. When body is perpendicular, extend arms slowly behind head, keeping palms up and head back until the legs rise. Repeat smoothly to resemble swinging of a pendulum.

Racing turns.

Any of the standard racing turns.

Revolving trudgeon.

The same as the spiral crawl, but using the trudgeon kick instead of the crawl kick.

Double back somersault--facing.

Partners facing, join hands extended to the side, and, pulling on hands, roll backward, keeping knees tucked up on chest, foot to foot, back to back, head to head, without breaking grip.

Double back somersault--back to back.

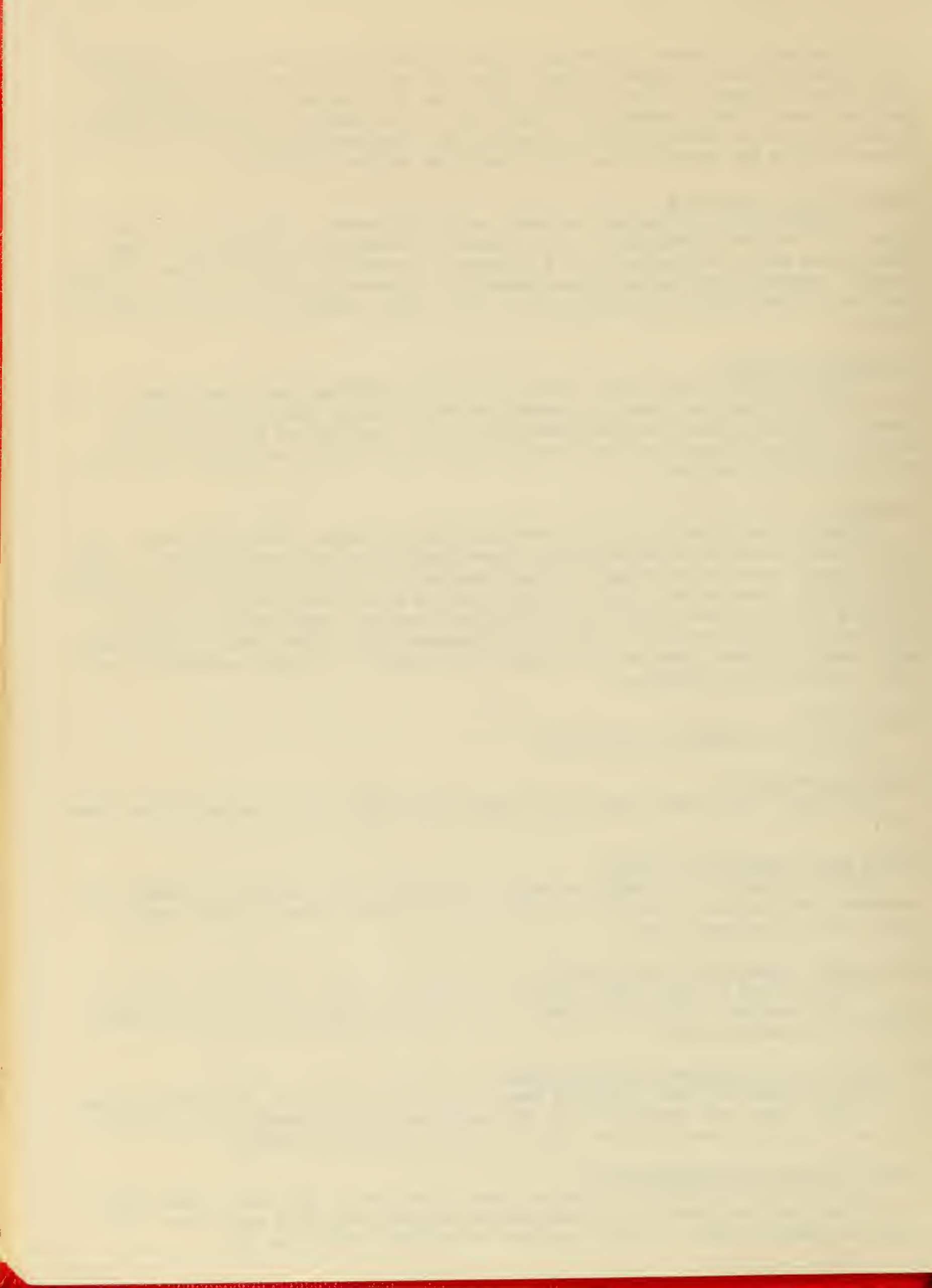
Partners back to back, hands joined, extended to side. With knees tucked to chest, roll backward, pulling on hands, back to back, head to head, knee to knee, without breaking the grip.

The double front somersault--back to back.

Partners back to back, grasping hands extended to the side, and drawing knees up to chest, turn back somersaults at the same time, pulling away from each other with hands, rolling back to back, sole to sole, and shins to shins.

Double forward somersault--facing.

Partners face each other, grasping hands stretched to the side, double knees up to chest and both turn at the same time by pulling away from each other with hands and ducking heads, rolling shoulder to shoulder and hip to hip.



Back somersault--tuck.

Draw the knees sharply up to the chest and snap the head backward, exhaling slightly to keep the nostrils clear of water. At the same time, the arms turn the body either by reaching up behind the head and pushing the water forward, or by reversing the movement of the forward somersault and circling the arms from a forward position, downward, backward, and upward.

Front somersault.

Take a deep breath. Draw the knees to chest, duck head and with arms at right angles to the body, palms down, whip the body over by swinging the arms back, then down, and forward and upward in a circle several times. Keep the legs tucked until somersault is completed. It is possible to do several in one breath.

Steamboat.

On face, scull forward with hands below hips, thrashing the water with a sharp crawl kick, and tooting like a tug.

Sunfish (Goldfish, Bluegill).

Lie on side used for side stroke. Extend arm overhead, the other straight behind. Swim, using scissor kick while splashing the surface of the water by fluttering movement of both hands. Smile sunnily.

Swimming with both hands and feet tied.

With the hands and feet both tied, this is a slow procedure. It looks difficult, but is quite simple. Hands may be tied behind the back or to the body, in which case the performer swims on the back, propelling the body by bending the legs and pushing the water with the shins and tops of the feet. If the hands are tied in front, the performer may swim on the side, scooping the water with the tied hands at the same time that she kicks. Or on the chest, the performer may swim pulling the water and kicking at the same time. Be sure that there is an assistant to help the performer at all times.

Tandem strokes.

Any strokes may be executed tandem by two or more performers attached to each other by placing feet in arm pits of next swimmer in line.

Tandem simple back stroke and breast stroke.

Partners face each other. No. 1 lies on her back, hooking her feet in the arm-pits of her partner, knees stiff. No. 2 swims breast stroke. No. 1 uses arms on her back in unison with her partner's arms.

Treading water.

Treading water is supporting the body in the water in a perpendicular position without the use of the arms. In elementary treading, the hands may be used to assist. The feet may be used in a scissor, frog, crawl or spiral movement. And the hands may be placed on the hips or fingers held out of the water in front of the performer. The breathing must be easy and regular. When practising this stunt, it is a help to hold on to a support with one of both hands until kick is strong and breathing regular.

Triple swims.

No. 1 swims on back using crawl kick and pulling No. 2 and No. 3 who are on their faces, head up, using crawl kick, outside hands grasped by No. 1 and inside hands joined, arms stretched sideways.

Tub.

Performer sits in water, soles of feet together, knees drawn up, knees out and sculls with hands spinning the body around.

Tug and ship.

Two performers, one of whom swim breast stroke pulling partner who lies on back, feet holding breast stroke's neck, and hands behind own head.

Underwater swimming.

May be done on breast, side or back.

ADVANCED

Ballet legs.

Body in extended position on back, legs together, toes pointed, hands sculling low under hips. Bend one knee to the chest, then extend leg straight into air, keeping other leg extended and motionless. Return knee to chest, and then extend beside other leg.

Bicycle.

Lie on side with knees bent up toward chest and arms folded or holding imaginary handle bars. With an alternating paddling movement of the legs, forcing down and back, turn in a small circle. By reversing the pressure, one may go backward. If the underarm can work without being seen, it may help to turn the body. The same movements may be used in an erect position, but are much more difficult.

Churn.

Execute a series of rapid front somersaults having knees drawn up in a tight tuck, knees close to chin. Have arms wide from body turning body with large sweeps.

Corkscrew sidestroke.

Sidestroke executed with a complete revolution. In order to make the complete roll, the top arm thrusts under the extended arm and across the body to pull the body around, finishing in extended starting side stroke position.

Crab.

1. Arms extended in front, swim sideways on chest by pulling water toward center line of body with right arm and leg, and pushing water away with left arm and leg.

2. Swim backward on chest using breast stroke movements slowly, with force exerted on recovery of arms and bringing together of legs.

Crawl - 2 hands joined.

Partners join both hands and swim crawl, revolving face to face and back to back.

Dolphin.

A form of loop the loop, or backward lay-out somersault without a tuck. From a back floating position, thrust the head sharply backward, exhaling slightly to keep the nose clear of water. Using the arms with a circling movement, pull the body over into a back somersault going deep and keeping the legs together and straight. Exhale when nearing the surface so as to be able to grasp fresh air as the face clears the surface for the next circle. Progression is possible if the bottom is touched each time.

Dolphin - $\frac{1}{2}$ twist.

See "dolphin" and add $\frac{1}{2}$ twist while executing dolphin and while in a vertical position.

Double flip.

Partners stand one in front of each other both facing in the same direction. No. 1 behind places her hands in those of her partner stretched to the side and out. She then, with the assisting pull of No. 2 dives over No. 2's head turning a front pike somersault, and stands still retaining her grasp of her partner's hands. No. 2 now being behind, repeats a front somersault over the head of No. 1. And in this manner both progress down the pool.

Egyptian crawl.

Swimmer uses crawl or scissor kick on chest and an overarm stroke, bringing the arms out of the water with the hands under the chin, palms up, and reaching forward with hands in this Egyptian fashion as long as possible.

Flying dolphin - double.

Flying dolphin executed in partners with one partner submerging and pushing or lifting the dolphin performer out of the water into the dolphin.

Flying porpoise - double.

Two or more performers executing porpoise with push off from bottom causing body to spring up out of water.

Foot first dolphin.

From a lay-out position on back, hands at hips, scull feet first. Drop feet and execute backward somersault feet first, sculling with hands over head. Finish on surface, hands extended over head.

Foot first dolphin - $\frac{1}{2}$ twist.

See "foot first dolphin" and add $\frac{1}{2}$ twist during the dolphin while body is in vertical position, head downward.

Foot first dolphin - full twist.

See "foot first dolphin" and add a full twist during the execution of the dolphin while body is in vertical position, head downward.

Kip (Backward surface dive).

Start on back, legs together, body extended, hands sculling at hips. Draw knees sharply up to chin, at same time tuck chin forward to knees. This movement will tend to drop body below surface level. With controlled force, extend legs, snap head and shoulders back to perpendicular position, using a scooping sweep of the arms to dive until body is completely submerged.

Kip - $\frac{1}{2}$ twist.

See "kip" and add a half twist while executing kip, at point where body is in vertical position, head downward.

Kip - full twist.

See "kip" and add a full twist during execution of the kip, at point where body is in vertical position, head downward.

Layout front flip.

Using two breast strokes ("butterfly" preferred for momentum) turn a front somersault keeping the body straight. Body will come out of the water when properly executed.

Layout front flip - $\frac{1}{2}$ twist.

See "lay-out front flip" and add $\frac{1}{2}$ twist while executing front flip.

Layout front flip, full twist.

See "lay-out front flip" and add full twist during execution of flip.

Lobster.

Arched position of face, arms extended forward, move toward feet by a sculling movement of hands and a gentle up and down movement of the feet, toes extended. The sculling is done by starting with hands back to back. Push away when hands are back to back and swing together when hands are palm to palm. The arms and wrists should be kept flexible, yet extended. The movement is rapid with the accent on the inward drive.

Log rolling.

Performer starts lying outstretched on the water with arms over head. With a sort of twisting movement, starting with the hips, keeping the hands and feet together, roll over and over just under the surface of the water.

A simpler way to do log rolling is with the use of one arm. While floating on the face, with arms at side, start body rolling by twisting the shoulders and pushing the arms. Continue rolling by pulling force of the arm toward which one turns. Breathe on every revolution.

Marching on the water.

Float on the back, arms close to the side of the body, or hands on hips. Move the body toward the feet by a marching movement of the legs. Alternating the legs, reach out gently and bend the knee sharply, thus pulling the water with the calf of the leg and the sole of the foot.

Monkey roll.

Partners face each other in shallow water. No. 1 does a surface dive toward No. 2, spreading her feet apart for No. 2 to dive through, at the same time. Turn, facing each other, and repeat the same one always going under.

Muskrat.

Come up quietly to the surface from underneath and scull forward on the chest very quietly with legs extended and together. Suddenly and without a ripple, submerge and disappear.

Otter.

Come up unexpectedly from under the water, and, by a sculling action of the hands, swim as in the muskrat, but undulate and roll the body alternately.

Pinwheel.

Partners stand one behind the other. The one behind does a hand stand, both closing legs around the others head. Both turn back somersaults without breaking hold, using circling arms to pull around.

Plank glide (back stitch).

Two persons floating on back. No. 1 holding her arms over her head, grasps No. 2's ankles. No. 1 pulls quickly and submerges, letting No. 2 glide over her own body. No. 2 in turn, grasps No. 1's ankles and this time No. 2 goes under. Every time the two change places and progress.

Porpoise and dolphin.

Combine the porpoise (continuous surface dives) with the dolphin (back somersaults without a tuck) in any combination such as: two porpoises and one dolphin and repeat, or one porpoise with two dolphins and repeat.

Propeller.

Floating on back, move toward feet with arms extended over head by a sculling movement of the hands which turn outward from head and then upward, pushing the water away from the head. Both feet and head are on the surface.

Reverse breast stroke.

Float on face, arms and legs extended as for the breast stroke. On count of one, draw hands to chin and bend knees. On count of two, stretch arms sideward and finish with palms forward, stretching legs straight backward. On count of three, swing arms together to starting position and hold legs together so that the body can start backward. On count of four, hold arms outstretched and swing legs apart with straight knees to continue the pull backward. Repeat.

Ride-a-cock-horse.

A small breast stroke swimmer rides on the back of a larger and stronger breast stroke swimmer, sitting erect with legs wrapped around the lower swimmer's waist, using arms in rhythm with breast stroke of lower swimmer.

Sculling with both feet high out of water.

Lie on back. Draw knees almost up to the chin, keeping both feet out of the water, and scull strongly, moving toward head.

Seal swimming.

Hold the legs together, hands on the back, back to back. Swim on face by bending and extending the ankles, and moving the hands up and down.

Shadow stunting.

Any stunt may be "shadowed" by one performer executing the stunt on the surface of the water at the same time that partner executes same or synchronized movement beneath the surface.

Shadow swimming.

Any stroke may be "shadowed" by one of two performers swimming on the surface, the other executing the same movements beneath the former.

Siamese twins.

Two or three persons, with arms around each others waists, do porpoises or dolphins or both.

Spiral crawl.

While swimming crawl, spiral from front crawl to back crawl, turning always in the same direction. Keep the eyes open. Breathe out when on face and in when on back, being sure that the arms follow a straight line under the body.

Spiral porpoise.

See "porpoise". While porpoising, revolve body, while body is in vertical position, head downward.

Submarine.

Scull on back toward the head. Keep one leg extended and bring other knee up onto the chest reaching the foot out of the water almost over the face. Take a deep breath and submerge the body, except the periscope foot, by sculling with palms up to pull the body down. Keep the eyes open. Rise to the surface again by sculling down.

Tandem back crawl.

Partners, both on back, the leader with her feet hooked in the armpits of partner, knees straight, and uses only her arms. They swim back crawl in unison, the last girl using both feet and arms.

Tandem breast stroke.

Both partners on face. The one in front hooks her feet under the arms of partner, knees straight, and uses only her arms. They swim breast stroke. The rear partner uses both arms and legs in rhythm with the front girl's arms.

Tandem crawl.

Partners both on face. The one in front hooks her feet under the arms of her partner and uses her arms alone. The rear partner uses both her feet and her arms in rhythm with her partner.

Tandem crawl and back crawl.

One of a pair of swimmers on her face and the other one on her back. The latter hooks her feet in the armpits of the other, and swims back crawl, using her arms in rhythm with partner who swims front crawl. They may use the same or alternating arms in rhythm.

Tandem dolphin.

Tandem dolphin is executed by two performers lying on back, one performer with feet under the arm pits of the other, or holding to the neck of the other. In this "open" position the two execute a single back somersault in lay-out position.

Torpedo.

Like the propeller, this is sculling toward the feet, while on the back. However, the head and the chest are sunk by bringing the hands from the sides of the body, with a sudden sweep under the surface, to full extension over the head for sculling towards the feet. Watch out for water in the nostrils. EXHALE.

Triple dolphin, (wheel)

Three performers float on back in a straight line with feet hooked in the armpits of each other. No. 1 at the head of the line, starts a back somersault, without a tuck (a dolphin) using arms in wide sweeping circles. As No. 2 is pulled back, she starts using her arms, as does No. 3 when she is pulled back. When No. 1 reaches the surface again, she quickly sculls out into a back float to enable the others to do the same. This may be executed as a wheel by hooking the feet of No. 3 in the armpits of No. 1 as No. 1 comes up. Repeat.

Walking on hands (deep water).

From a lay-out position on face, porpoise (surface dive), with knees straight, to depth where feet and legs are out of water to calf of leg. In this position, using a sculling motion of the hands and forearms, move forward toward head.

Waltzing crawl.

Three spinal crawl strokes turning to the right, then three spinal crawl strokes turning left and repeat. Three arm strokes, crawl on the face; three arm strokes, crawl on the back and repeat, turning in the same direction or reversing.

Water spider.

Two performers, the one in the lead swimming front crawl with legs around waist of partner who is on back, swimming reverse crawl.

TRICKS FOR THE SINGLE PERFORMER

Everything should be tried exactly according to directions and then make whatever changes individual differences demand.

Drinking under water.

1. A colored liquid in a bottle may be used. Hold the bottle so that the neck is in the water, but the rest is above in plain sight. Placing the mouth over the part of the open end of the bottle, blow air up into the bottle forcing the liquid out on the other side, looking as though it was being drunk.

2. Using a corked bottle half filled with milk, place mouth of the bottle between the lips and pull the cork out sideways. Begin drinking at once. If milk does not come easily, blow a little air out through the nose. Recork the bottle before coming up.

Eating under water.

1. This must be done in such a manner as to exclude all water from the mouth, hence a banana is the easiest form of food. In order to stay under while eating, one must hold onto a weight on the bottom of the ladder. Peel the banana and push it into the mouth, mashing it with the tongue.

2. Kneel on bottom of the tank with body submerged, holding a piece of sponge cake out of the water in one hand. Bring other hand out of water, break off a piece of the cake and carry it swiftly to the mouth. In order to keep water out of the mouth, exhale gently as the cake is inserted.

Handshackle.

Using a link chain, twenty one inches long (one inch links), fasten a ring one inch in diameter securely through the last link. Three inches from the ring, fasten a second ring through a link. Make a slip knot by running the chain through the ring on the end of the chain, and place it over the right hand and around the right wrist of the person to be shackled, pulling tightly and bringing the end ring on the lower side of the wrist with the thumb up, and the second ring in back of the wrist. After putting the hands palms together, bring the loose end of the chain up between them and over the top of the left wrist. Wrap the remaining chain around the left wrist and padlock through the second ring. Jump or dive into the water and slip the chain off the wrists by dropping the left wrist, and come up to the surface.

Leg shackle.

Using a heavier chain, than the one-inch link, which makes the trick look harder, place the rings so that the second one comes on the outside of the right ankle and the end ring behind the ankle. After locking the end, jump or dive in, being careful not to lose the chain. Loosen by moving the left leg forward.

Rope trick.

Make a slip knot in one end of a half-inch manila rope about fifteen feet long and place it around both feet of the person doing this trick with the knot in the rear. Pull the rope up about a foot back of the legs and make a half-hitch. Continue this procedure up to the waist. Press outward with the legs to make the ropes look tight. Taking each arm separately, the person who is being tied twists his arm around the rope with several swift turns to the left or right. Bring the hands close together and continue the half hitches up to the shoulders, where the rope is tied. The rope is released up reversing the turns with the hands to release them, and then get the rope off the legs.

Monte Cristo sack trick.

Have a sack large enough for the exhibitor to move freely in. Attach heavy weights to the bottom of the sack and cut two holes near the top through which two ends of rope are inserted. The exhibitor gets into the sack and surreptitiously grasps the ends of the rope and a part of the sack near the rope. After some ballyhoo on the part of the assistant, the exhibitor is pushed down into the sack, and the neck tied firmly with the same ropes, the knots being on the side opposite the insertion through the bag. After warning the exhibitor so she can inflate her lungs, the bag is pushed into the water, the weights causing it to sink, exhibitor's feet first. After a few seconds, the rope held by the exhibitor is loosened, and she pushes the sack open and emerges through the neck.

Singing under water.

Hold pail of water over the head of performer while she sings.

Smoking under water.

Smoke a pipe or a cigar until well lighted, stand at side of tank, lungs filled, head dropped on chest, and just before diving in, thrust the bowl of the pipe or the lighted end of the cigar rapidly into the mouth, being careful not to draw breath inward. Once in the water, swim breast stroke, blowing out gently through the cigar or pipe stem, thus causing smoke to issue at mouthpiece and rise to the surface.

Roller skating under water.

With roller skates fastened securely to the feet, and holding a pair of iron dumb-bells in hands, start at the shallow end of the pool and shuffle down the incline to the deep.

TRICKS FOR MORE THAN ONE PERSON

Water magician.

Taking a question from the audience, the speaker stands directly over the person who is to answer the question and who is lying on the bottom with ear against the side of the pool, or stops and directs his voice to the edge of the tank in order for the voice waves to follow the side of the pool. Words can be heard if spoken slowly, and the person on the bottom rises to the surface to answer the question.

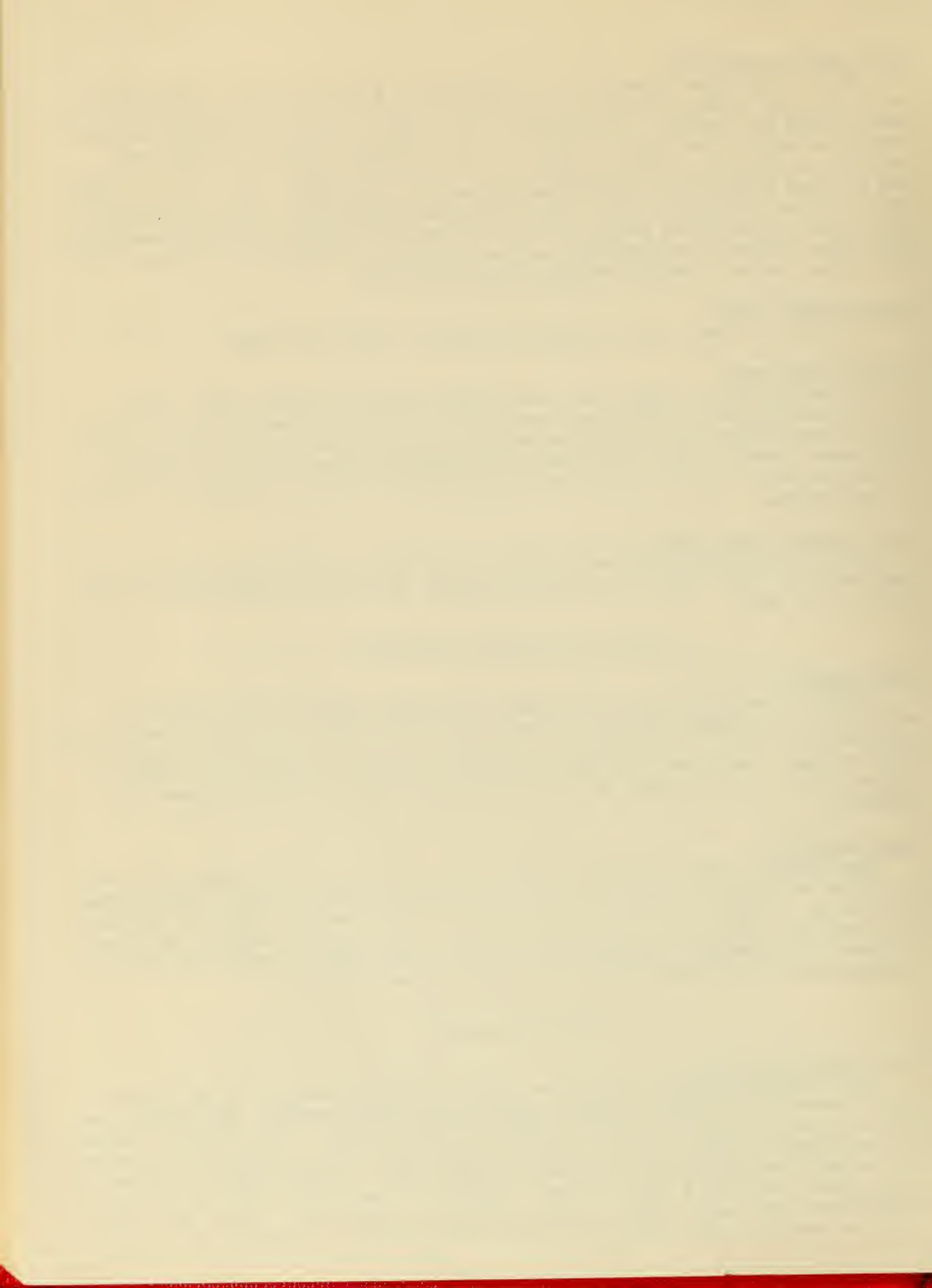
Water hypnotism.

This needs a strong confident swimmer and a person who floats high. The swimmer starts walking in backward in the shallow water, toward the deep water keeping the floater on her back, head toward the swimmer. The current caused by the swimmer's body will cause the floater to follow her. As the water deepens, this can be continued by the swimmer sculling with her hands and using a scissor kick that has a drawing toward the body, pulling the water in that direction.

GROUP SPECIALTIES

The Stonehatchet Family.

The performer may give the lecture while performing herself, or may perform while someone else lectures, or may lecture while others perform. The lecture consists of a brief history of swimming given very informally. "Mr. and Mrs. Stonehatchet and Mary and Willie were out walking through the forest seeking food, when they were suddenly frightened by a huge sabre-toothed tiger. While they were trying to escape, they came upon a body of water. Having no other choice, they just kept on running (run into water, and run erect as far as is convenient). Papa was in the lead, and when he looked back for the rest of his family, he saw that Mama hadn't



liked the water in her face and had turned over on her back and was admiring the clouds. Willie, in his anxiety to beat Mary was swimming a crawl; and Mary, in watching Willie, had turned onto her side. When Papa wondered about the day of this special experience, he found it was Saturday. And so began the custom of our Saturday night baths." Then follow with historical data, the various strokes -- breast, side, single-overarm, trudgeon, trudgeon-crawl, crawl, reverse-crawl, and simple back-stroke.

The fisherman.

Comedy character fishing while hidden partner baits his hook with ridiculous things.

Pillow fight on greased pole

Extend a greased pole out over the water. Contestants straddle the pole and try to knock each other off the pole into the water by hitting each other with a pillow or a soft swatter.

The evolution of the modern swimming suit.

A parade of suits on the beach and in the water since the fig-leaf of Eve, with or without a water demonstration of the popular stroke of that period.

Teaching the family to dive.

Papa tries to teach the timid Mama to dive with the usual family arguments. Brother and Sister join in the lesson and Mama finally has to be pushed in, while Sister just 'flops'. Papa and Brother 'show off'.

The mermaids tea party.

Participants, wearing kimono and Japanese head dresses, remove kimono at the edge of the pool and carry trays of cups and saucers, tea pot and cakes to floating table in deep water, where party is served with everyone treading water. Anchor the table.

A rescue.

During a most exciting part of the program, a person fully clothed falls into the water and is rescued by the lifeguards, who start resuscitation. While this is often burlesque, it is wisest to keep it serious and not to cry 'wolf'.

Horse racing.

Make water horses from an ordinary barrel around both ends of which a wire has been wrapped with a weight attached underneath, one heavier than the other. The weights should be heavy enough to pull half the barrel below the surface. Attach a frayed rope for a tail and a head made of a board. Mounting these horses, the performers race, using both hands and feet.

Water wrestling.

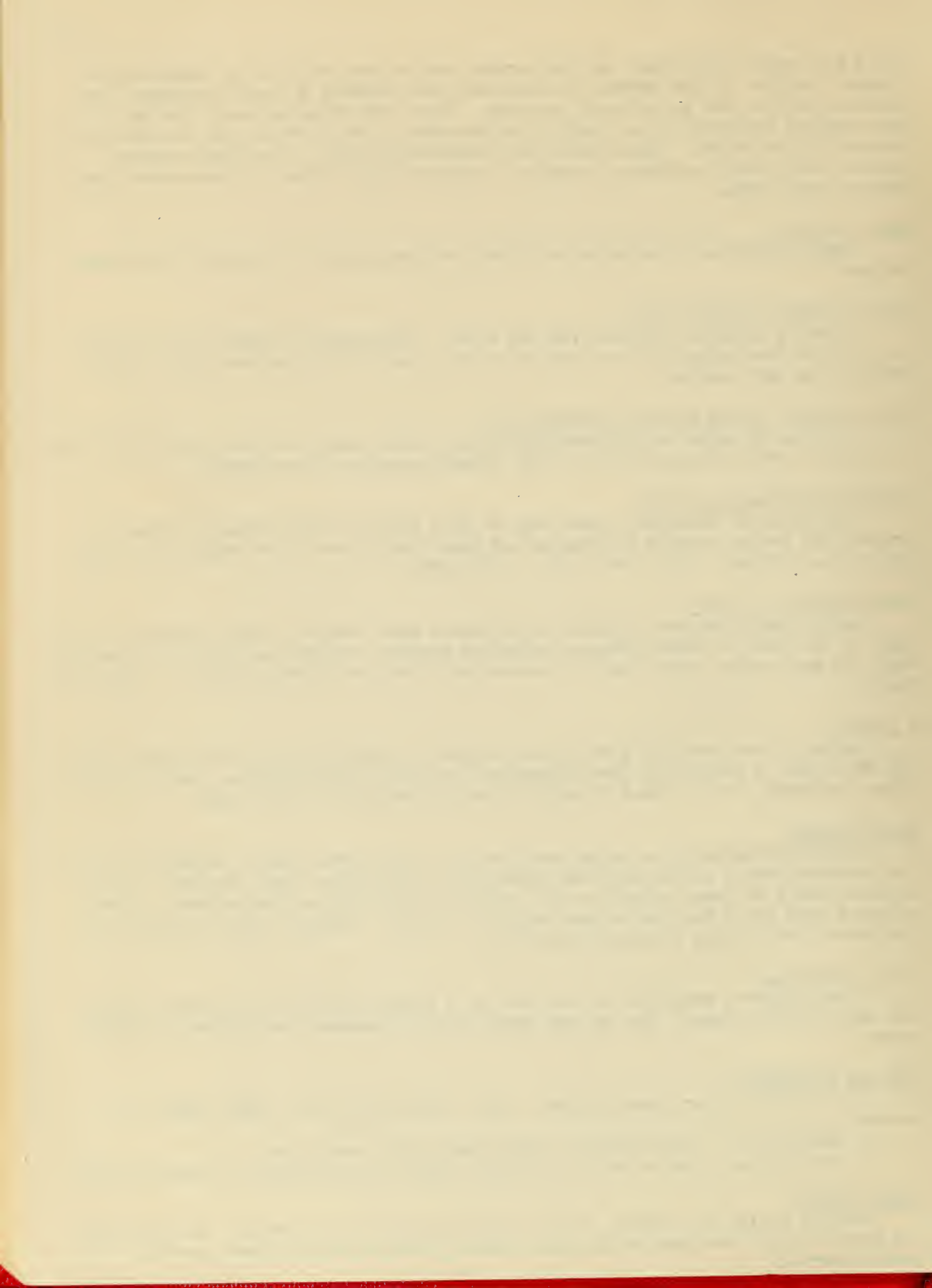
A small person straddled on the neck of a larger person, legs wrapped around the under person's body. Two or more pairs try to dismount the top man in shallow water.

Bobbing in groups.

1. Partners facing, hands joined. No. 1 comes up as No. 2 goes down, as a see-saw.
2. Same as in 1, but both bob up and down at the same time.
3. Bobbing in a circle--all at the same time or alternating, or consecutively.

Human bridge.

Couples facing each other, form a double circle, feet astride. The inner circle dives through the legs of the outer circle, then turns and faces inward. The others repeat.



12

Water spider.

One swimmer swims crawl with arms slowly, with legs wrapped backwards around the waist of partner who is on back thrashing with arms and legs.

Tilting on horse-back.

Using the barrel horses referred to under 'horse racing', each performer carries a stick with a pad on the end with which he tries to unhorse his opponent.

Boxing on a raft.

Regular boxing on a raft, until one is knocked into the water. Have assistance at hand, since it is not easy to swim with gloves on.

STUNTS OFF THE BOARD

Finale.

To indicate the end of a program, divers, each wearing a single letter, may dive off the board spelling THE END, FINIS, THANK YOU, etc.

SIMPLE

Australian splash (boston splash, pile driver).

Front running take-off from the board, either one or two foot take-off, and enter water feet down in a tuck with arms grasped around knees. Jump off from board and enter water close to board.

Billiken.

Stand on edge of board, jump up into air putting one hand on top of head, the other on pit of stomach, and crossing legs tailor fashion and grin broadly. Enter water in this position.

Chain dive (sausage dive, train dive, movie dive).

Any number of divers line up one behind the other, or side by side. If one behind the other, the first one has her feet together and the others have one foot slightly in front of the other, each grasping the right ankle of the person ahead with both hands. As the first one leaves the board, the others follow without breaking the chain. If the divers are lined up side by side, all except the leader, lean over and hold the ankle of the person at the side. The dive is executed in the same manner as the front chain dive.

Follow the leader.

Just like follow the leader on land.

Forward roll.

Standing on the end of the board, facing the water, take hold of the toes and roll forward into the water.

Fountain.

Enter the water feet first, squirting water from mouth.

Frog dive.

Hop to end of board. Dive in head first with arms and legs bent with elbows and knees spread frog-like.

Jack-Jump-Over-the-Candle-stick.

One person crouches at the end of the board, holding to the board. A partner takes a running front dive over her.

Knee dives.

Kneel on end of board facing water (on one or both knees), sit back on heels, arms extended over head. Bend forward and spring dive into the water, pushing on the top of the foot to get the spring.

Lover's leap.

Pair in costume walk lovingly out to end of board and jump while embracing. Rise to surface still embracing.

Mercury dive.

Standing at end of board, assume 'flying Mercury' pose and fall into the water holding this position. Sometimes may be a fountain dive by spurting water from mouth while falling in.

Neck roll.

Lie down on board with head over the end. Grasping end or side of the board with hands, stand on shoulders. Bend at waist, enter water feet first with arms over head or at sides of body.

Old man dive.

Person totters to end of board with imaginary cane in one hand and other hand at small of back. At edge of board, trip over own foot and fall into water head first.

Rocking chair dive.

Sitting on the end of the board, facing water, edge of board at middle of thigh, rock backward until back is on board and legs extended in the air. Then rock forward, allowing legs to spread on either side of board, and enter water in front dive.

Roly-poly (hard-boiled egg).

Squat on end of board facing water. Grasp ankles in front with hands. Tuck head between knees and roll forward into water. Complete the front somersault under the water.

Running broad jump.

Run the length of board and broad jump out into the water, entering feet first.

Running in the air.

Run to the end of the board and see how many steps can be taken in the air before hitting the water.

Simple Simon (April Fool).

With a silly vacant stare walk slowly the length of the board pointing with a finger at nothing. Fall into the water holding this position and expression and reappear in the same position.

Spank the baby.

Running or standing front take-off. Enter the water in sitting position, legs extended in front, arms extended in front or to the side.

Standing salute (old soldier, girl scout).

Standing on edge of board, assume 'salute'. Jump in feet first, holding this position.

Twists.

Jump into the water with a full or half twist, entering the water feet first.

Walk the plank.

With eyes closed or blindfolded, walk to and off the end of the board, entering the water feet first.

Wooden dive (statue dive).

Stand on board facing the water with arms at side or extended over head. Fall into water without changing position. The same thing may be done with back toward water.

ADVANCED

Backward roll.

Stand several feet from water-end of the board, (measure by sitting on board with hips at the edge), keep feet at same spot and stand. Sit back onto the board, with arms extended at side, turn back somersault and enter water feet first.

Backward roll with back dive.

Stand several feet back from water-end of board. Execute a backward roll on the board, stand and make a back dive into the water.

Bird dive.

Front dive waving arms in the air to imitate wings.

Butterfly dive.

Front dive and spread arms and legs to an X position in the air, bringing them together again for entrance.

Cannon ball.

Running front dive, tuck tightly in the air and open into header for entrance.

Cartwheel.

Turn a cartwheel on the board and enter the water feet first.

Clown diving.

Divers in ridiculous costumes imitate the regular divers, or have a series of their own dives.

Diving for a ball.

Have someone throw a ball into the air in front of the board while a diver jumps for it, trying to catch it before entering the water. Divers may enter water feet first or head first.

Fan dive.

Three persons stand on the end of the board, tallest in the center, other two of even weight clasp arms across back of center who places arms around waists of outer two. The outer arms are extended diagonally upward and sideward. The two side figures lean out from the center. On signal, the center dives forward, other to the side. Fan may be swung from side to side before diving.

Feet first dive.

Jump into the water feet first, throwing the feet forward. Lean back at the same time so that the body is at an angle when entering the water. Keep head well back letting feet and legs emerge first.

Fire dive.

When the diver, wearing tights and jersey sweater, with a wet cloth, in which holes have been cut for the eyes, around his head and face, is ready on the board, a pint of gasoline is spread on the water covering a space about ten feet square where he is to enter the water. Light the gasoline by throwing a burning piece of cotton into it. After the diver plunges through the flame, he swims under water beyond the fire ring before rising to the surface.

Forward roll and front dive.

Stand several feet from end of board facing water. Execute a forward roll on the board and enter the water in a standing header. This may be performed with a single, double or triple forward roll on the board.

Half a jack.

Execute a front jack-knife dive, but grasp only one ankle with one hand.

Hand stand dive.

Assume a hand stand position on the end of the board, hands at the side or over the end. Hold this position for an appreciable time. Then push off from the board, entering the water head first close to the board as in the front dive.

Head stand.

Assume a head stand on the end of the board, support the body for a moment by the head and hands, then fall backward and enter the water feet first.

Hesitation dive.

Run strongly to the end of the board, then hesitate and fall in head first.

Height dive.

After marking spot high over the end of the board, comedian takes strong approach on the board as though preparing to spring high into the air. At end of board, however, the diver stops dead and enters the water with no spring at all, but with a sickly smile on face.

Lots of form.

Comedian executes front dive in ridiculous form, holding nose with one hand, knees bent, back arched.

Sailor dive.

Dive head foremost from board with hands held at the side. This is a dangerous dive unless the individual is sure to make a shallow dive.

Side dive.

Stand with side toward water, hand nearest the water overhead with palm toward water. Dive in head first. This dive is said to be dangerous to the ears.

Spanker dive.

Stand with back toward the water about three feet from the end of the board (measure by sitting on board with hips at the very edge). (Keep feet on the same spot and stand.) Drop back to sitting position and enter the water in back dive.

Splashing high dive.

Execute a plain header and just as body is entering water, draw knees up to chest causing a high splash.

Splashing swan dive.

Holding an exaggerated swan position, drop down onto the water, striking on the diaphragm with hands spanking the water and causing a great deal of noise and splash.

Stand-sit-stand dive.

Standing at the end of the board facing the water, sit on the end and quickly regain standing position with the help of a strong arm swing. Immediately dive in with plain header.

Wobbly dive (shimmy).

Execute a front dive wobbling body while in the air.

DOUBLE DIVES

Ali-oop.

One of comedy pair (A) stands on edge of board with back toward water, hands cupped in front of her as though she expected her partner to put her foot there for a flip. Partner (B) approaches and springs heavily on board, but A flies off the board in a back flip.

Cock-a-doodle.

No. 1 lies on back on the board with edge of board at middle of thigh, raised feet into the air, bending knees to chest. No. 2 places No. 1's feet in pit of stomach, dives forward into water holding swan position, while No. 1 helps with a leg thrust. No. 1 may follow into the water head first from sitting position. Be careful of overthrow.

Comedy double dive.

Comedy pair pantomime on end of board, both facing the water, the rear girl pretending to push front girl off the end. Front girl reaches back over right shoulder with both hands grasping back of partners head and pulls her over the right shoulder into the water via a front flip or a front one and one-half. The rear girl places her hands on her partners hips and springs over the shoulder when pulled.

Double side dive.

Partners face each other on end of board, grasp hands nearest water and extend over head. Other hands grasped at side and held down. Proceed as in simple side dive.

Football dive.

1. No. 1 squats on end of board with ankles grasped. No. 2 pretends to kick No. 1 into water and No. 2 rolls off end of board.

2. Three divers on board at same time. The front diver has a football. She passes it back through the legs of No. 2 and 3. No. 2 dives through No. 1's legs, No. 1 grasping No. 2 at waistline and entering head first into water. No. 3 rides into the water straddling No. 1's hips and grasping her belt, football under arm.

Header and backward roll.

No. 1 stands on the edge of board facing water. No. 2 jumps to position on her back, legs straddling No. 1's waist, hands on shoulders. While No. 1 does a header, No. 2 pushes herself backward and enters the water in a sort of back somersault.

Header and foot entry.

No. 1 lies on her back with her neck over the end of the board, legs raised, with her feet placed against No. 2's abdomen. Partners clasp hands while No. 2 balances herself for her dive. No. 2 pushes off, holding a swan dive position, while No. 1 enters water feet first.

Head stand combination.

One girl does a head stand on end of board, with feet spread apart, legs straight and second girl dives through them. Head stand follows feet first.

Lady Godiva (Paul Revere).

Two girls approach end of board in perfect rhythm. On last spring front girl, No. 1, executes front dive while rear girl, No. 2, straddles her back, holding on to No. 1's shoulders.

Radiator cap.

First girl, No. 1, poses on end of board with hands clasped on right hip making a loop into which the second girl, No. 2, springs her right knee, grasping No. 1's right shoulder with right hand and shading eyes with left as both dive into the water.

Swimmers dive.

No. 1 of comedy pair sits at land end of the board with knees bent, arms supporting her behind her hips. No. 2 lies on her stomach on No. 1's knees, legs wrapped around No. 1's waist. While No. 2 pretends to swim breast stroke, No. 1 works out to end of board by alternately stretching, bending her knees and lifting her hips. At the end of the board, No. 2 slides off into the water and No. 1 does a rocking chair dive.

Twin dive.

Standing on the end of the board, No. 1 supports No. 2 on her shoulders, either sitting or standing, and both dive in together.

Twin statue dive (double statue dive).

No. 1 assumes a head stand at the end of the board. No. 2 grasps her ankles and does a header while No. 1 enters feet first.

Work up.

Sit facing each other several feet from the end of the board, with hands on partners shoulders and sitting on each others feet with knees bent. Travel to the end of the board by bending and extending the legs and pushing against each others shoulders. At the end of the board, the one with back towards the water does a back somersault and the other a front dive.

PART III

ROUTINES

A ROUTINE BASED ON BEGINNERS SKILLS

1. Jump in feet first at shallow end holding hands.
2. Form circle by jumping with two feet in time to the accompaniment in single file formation.
3. Facing the center of the circle, half of group face float to the center while others hold their feet and turn the circle.
4. Centers stand and face center. All float on back with feet in center, sculling with hands.
5. All leg thrash out to form large circle.
6. Exit in march with human stroke.

Skills necessary for this routine:

1. Foot first jump, shallow water
2. Jumping in rhythm in single file formation
3. Face float
4. Back float
5. Sculling on back
6. Leg thrash on back
7. "Human stroke"

A ROUTINE BASED UPON INTERMEDIATE SWIMMER SKILLS--A PARADE

Swimmers are to use kick-boards and flags alternately.

1. Enter down the ladders at diagonally opposite ends of the pool.
2. Form circle swimming side stroke kick facing the center of the circle.
3. Swimmers with kick boards swim to center of the circle while the flags swim out.
4. With kick boards touching to make a solid center, tread water. Flags tread in place in larger circle or swim around circle.
5. Flags and kick boards reverse positions.
6. Tread for "picture".
7. Flags tread in two rows facing each other forming an arch under which the kick boards move using crawl kick.
8. Kick boards exit at one end using breast stroke kick while flags exit at other end using side stroke.

Skills necessary for this routine:

Half the performers:

- a. Using a kick board for support
 1. Swim scissors kick on both sides
 2. Tread water
 3. Swim crawl kick on face
 4. Swim breast stroke kick

Half the performers:

- a. Carrying flag in upper hand
 1. Swim side stroke on either side
 2. Tread water

A ROUTINE BASED UPON LIFE SAVING TECHNIQUES (4 couples)

1. Entrance: Dive in, couples side by side, from each corner of the pool.
Partners come up side by side and tread water to get space balanced.
2. A. Two swimmers, one member of each pair, cross over in center of pool, using breast stroke, do an underwater approach (surface diving in unison) and get partner in cross chest carry treading water until
B. Second pair of swimmers from opposite corners, starting 2 breast strokes behind first couple execute the same unit. This leaves one couple at each corner, ready to swim toward the center of the pool with a cross chest carry.
3. All 4 couples swim cross chest carry on the same side to center, forming a cross.
4. Tread water, backs to the center and support partner with a head carry.
5. Swing out to form a square using the head carry.
6. Exit using the tired swimmers carry.

Skills necessary for this routine:

Half of the group:

1. Standard front dive
2. Tread water
3. Breast stroke
4. Under water approach (surface dive)
5. Cross chest carry
6. Head carry
7. Tired swimmers carry

Half of the group:

1. Be fairly good "floaters"
2. Be familiar with the above skills

FOR TWO

Adagio.

1. Enter from board, one sitting on others shoulders, or
2. No. 1 walks in water with No. 2 standing on shoulders.
3. No. 1 stands in water supporting No. 2 who stands on one leg in arabesque position, while No. 1 turns slowly.
4. No. 1 and No. 2 face each other. No. 1 lifts No. 2 by the hips, lowers her between her feet and swings her up to position of standing on one foot on knee of No. 1.



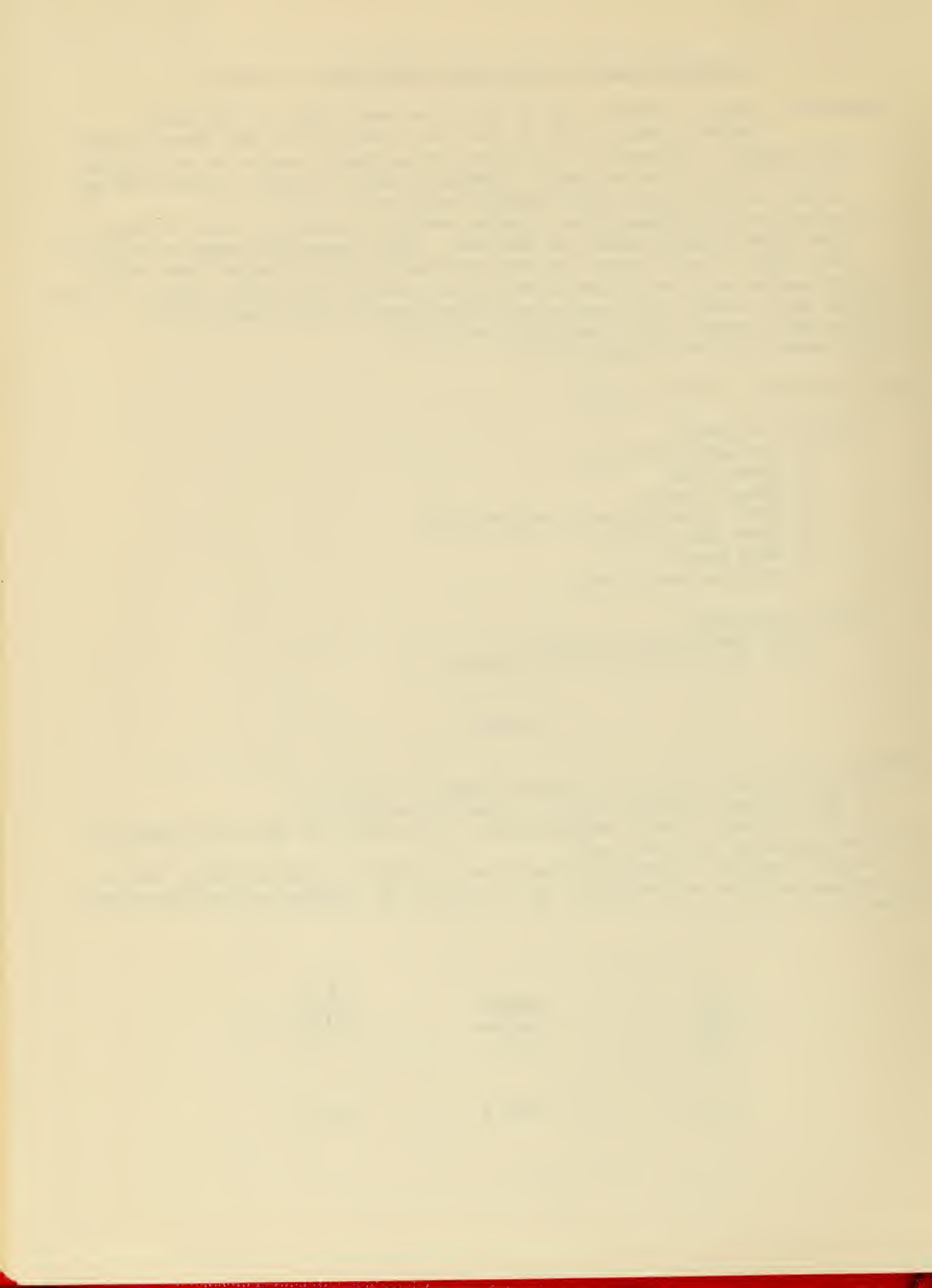
Fig. 1



Fig. 2



Fig. 3



The dragon fly.

1. "Diamond" float. Scull toward each other on back, feet first. When meeting, assume the "diamond" float and hold. Close arms and legs--spread them--close them, and push away from each other, snapping feet together and sculling toward head on back.



2. "Butterfly" float. Scull toward each other on back, feet first until side by side with feet of one at head of other. Assume the "butterfly" float, opening and closing arms and legs in such a manner that the figure turns in a circle with four movements.



3. "Planking". No. 1 pulls self under No. 2. Then No. 2 pulls self under No. 1. Repeat.



4. Exit, sculling on back in tandem.

JALOUSIE (A co-educational duet)

1. Start from a sitting position on opposite sides of the pool at the shallow end. Slide into water feet first facing diagonally toward the deep end.
2. In same direction take 3 breast strokes and 3 flutter leg beats after the third breast stroke. Down the center of the pool, facing partner, do 2 side strokes, then 3 crawl strokes.
3. Repeat No. 2 diagonally away from partner toward corners at deep end, ending at side walls.
4. Both push away from opposite walls and do a one and a half tucked somersault (a tucked front somersault with a surface dive).
5. Come up in a back layout with feet touching and go into a diamond float.
6. Snap away from each other into a kip with $\frac{1}{4}$ turn coming up side by side in back layout facing deep end. On back both do scissor kick twisting hips onto left side, scissor kick twisting hips to right side, frog kick, 5 flutter kicks (hands sculling at side).
7. Repeat No. 6.
8. Side stroke on left side followed by back crawl with right arm. Repeat.
9. Starting back toward the deep end, do 3 crawl strokes, partners using opposite arms so that they face each other, then one corkscrew sidestroke. Repeat 4 times.
10. Still toward the deep end, one breast stroke, one right sidestroke facing partner and one crawl stroke with the right arm. Then do a breast stroke and a pike front somersault. Repeat No. 10.
11. Toward shallow end, 2 breast strokes and a tuck somersault coming up in a back layout side by side. Repeat scissor kick right and left twice.
12. Two sidestrokes toward the deep end. Reverse and two side strokes toward the shallow end. One sidestroke to deep. Drop the arms, turn and do a flying porpoise to opposite sides of the pool.
13. Exit by jump out on the ledge of the pool.

Skills necessary for above routine:

- | | |
|---------------------------------|--------------------------------------|
| 1. Slide into water feet first. | 8. Diamond float. |
| 2. Breast stroke. | 9. Kip with $\frac{1}{4}$ turn. |
| 3. Side stroke. | 10. Corkscrew side stroke. |
| 4. Crawl on face. | 11. Front somersault (pike). |
| 5. Crawl on back. | 12. Flying porpoise. |
| 6. Front somersault (tuck). | 13. Jump out of pool at shallow end. |
| 7. Surface dive (porpoise). | |

ROUTINE TO "FATE" (one couple)

1. Stand beside one another at deep end of pool. Both dive in together.
2. Come up facing each other about 15 feet apart. Swim 3 single overarm strokes in a circle, changing places.
3. Scull feet first on back together, lock legs and do a mixed tandem dolphin. (Boy does a plain dolphin, girl does foot first dolphin).
4. Come up in same position, do a kip and meet under water, come up both facing the shallow end side by side.
5. Do 3 hybrid strokes (2 side, 2 front crawl, and turn to the other side on a third crawl stroke) toward the shallow end, turning on the last stroke so that both face the deep end.
6. Both sink and do a flying porpoise diagonally to the sides of the pool. Swim to the sides with 2 breast strokes.
7. Turn toward each other and swim breast stroke until they meet. Form a tandem, take 2 tandem breast strokes, and a double flip.
8. Come up in tandem again and repeat the 2 breast strokes and double flip. Two tandem breast strokes and pendulum onto backs.
9. Do a wheel going around twice.
10. As the wheel is finished the back person sculls so that they are floating side by side. Both dolphin.
11. Come up and swim hybrid stroke to ladders for exit.

Skills necessary for the above routine:

1. Standing front dive.
2. Single overarm on both sides.
3. Sculling on back toward feet.
4. Mixed tandem dolphin.
5. Kip.
6. Kip with $\frac{1}{4}$ turn.
7. Side stroke.
8. Front crawl.
9. Hybrid stroke (2 side strokes, 2 front crawl rolling to other side on 3rd crawl and repeat same on other side).
10. Foot first surface dive.
11. Flying porpoise.
12. Breast stroke.
13. Tandem breast stroke.
14. Double flip.
15. Pendulum.
16. Wheel.
17. Scull on back toward head.
18. Dolphin.

THE SONG OF THE ISLANDS (A co-educational duet)

1. Dive in from opposite sides at middle of the pool. Swim under water to shallow end. Turn under water to face deep end and rise to surface with girl in front of boy, on surface.
2. Shadow swim to deep end using breast stroke, boy underneath.
3. Girl turns on to back as boy rises to the surface and faces shallow end.
4. Girl pendulums feet down and takes hold of boys feet, both facing shallow end.
5. Double pike somersault, girl holding ankles of boy. Girl turns onto back and puts boys' feet under her chin while completing the somersault.
6. Double dolphin. Girl releases boy's feet and turns to face him. Both rise to surface on backs with feet touching (facing each other.)
7. Dolphin with a $\frac{1}{4}$ turn to the right.
8. Repeat 7.
9. Tandem mixed dolphin with legs linked, boy pulling girl.
10. Girl swims elementary back stroke to deep end -- boy follows using breast stroke.
11. Boy takes girls' left hand and they side stroke about 4 strokes toward shallow end.
12. Shadow swimming figure eight with girl on surface and boy below.
13. Boy comes to surface facing shallow end on back. Girl sculls on back facing deep. Link legs together and scull a half circle to the right.
14. Both dolphin with $\frac{1}{4}$ turn. Girl comes up on back beside boy, both facing deep end.
15. Crawl to shallow end and exit.

Use Wayne King's record.

Costume in South Sea Island costumes.

Girl without cap and with flowers in her hair.

Skills necessary for the above routine:

- | | |
|--|---|
| 1. Standing front dive | 9. Elementary back stroke |
| 2. Swim under water | 10. Breast stroke |
| 3. Shadow swim breast stroke | 11. Tandem side stroke (chain) |
| 4. Float on back | 12. Shadow swim figure eight |
| 5. Double pike somersault (person in rear holding feet of partner) | 13. Sculling on back to head and feet |
| 6. Double dolphin | 14. Scull in circle in pairs, legs locked together. |
| 7. Dolphin with a $\frac{1}{4}$ turn | 15. Crawl |
| 8. Tandem mixed dolphin | |

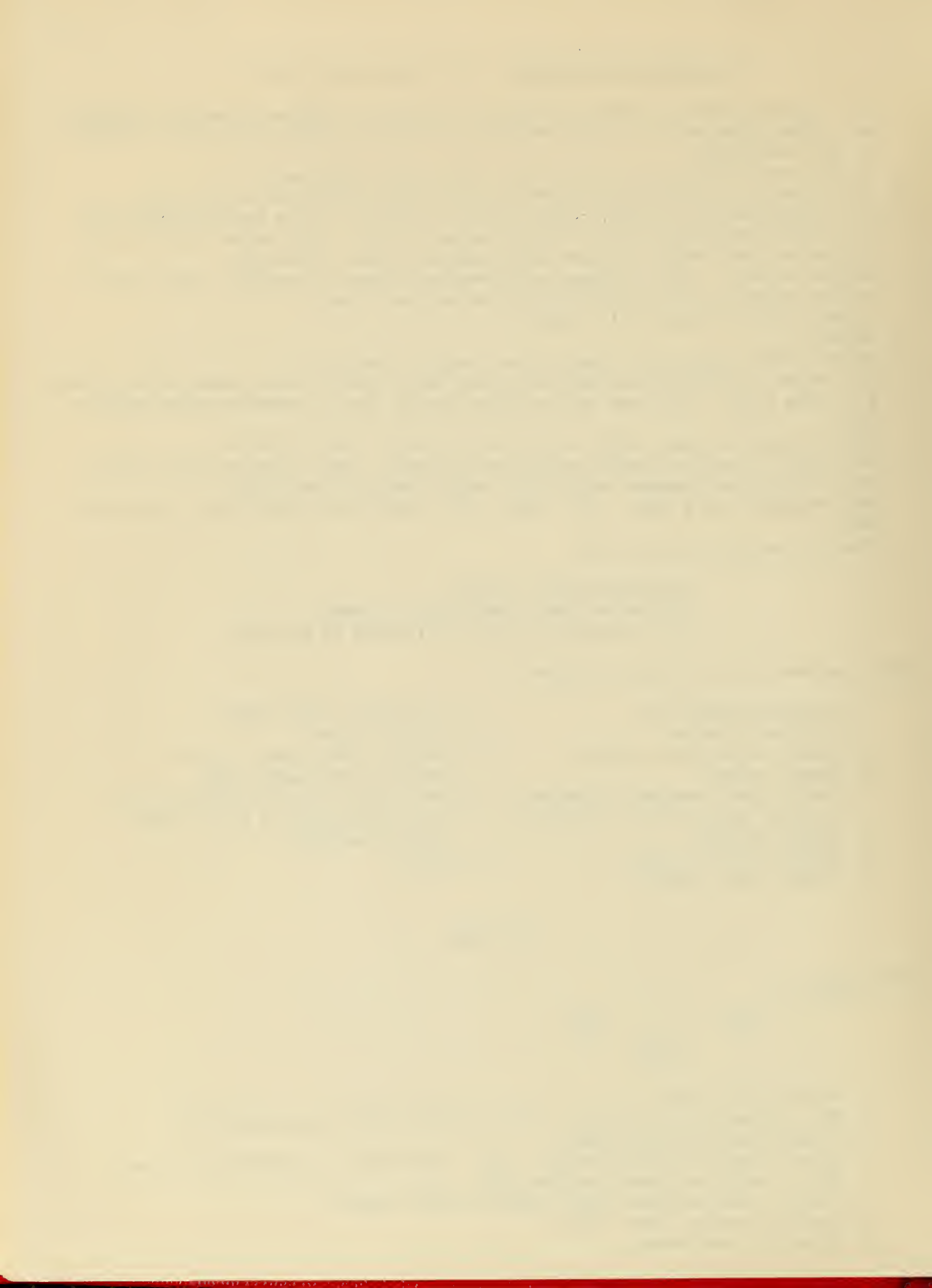
FOR THREE

Waltz trio.

1. Entrance.

<u>side</u>		<u>side</u>
2	<u>board</u>	3
	1	

2. Stand eight counts.
3. No. 1 dives in on count one. Nos. 2 and 3 dive in on count four.
4. Tread water for four counts.
5. Breast stroke for eight counts. No. 1 goes back in direction of board. Nos. 2 and 3 go toward shallow end.
6. Surface dive and turn under water for four counts.
7. Crawl to center, four counts.
8. Tread for two counts.



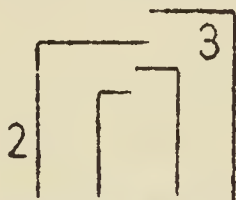
9. Star formation on face, hands stretched out, feet together for eight counts.
10. Scull out to sides, four counts.
11. Tread for two counts.
12. Dolphin for eight counts.
13. Tread for four counts.
14. Surface dive, coming up in straight line across width pool, four counts.
15. Float in straight line with feet on each others shoulders, eight counts.
16. Dolphin, eight counts.
17. Tub, eight counts.
18. Nos. 2 and 3 do plank glide, eight counts, (twice). No. 1 does front and back somersault.
19. Nos. 2 and 3 do dolphins, eight counts. No. 1 does tub.
20. Come up in straight line.
21. Accordion float, eight counts to fold, eight counts to unfold.
22. Dolphin, eight counts.
23. Tread for two counts.
24. (Exit) Get into straight line with surface dive, No. 1 in center, four counts.
25. Tread for two counts.
26. Tandem breast stroke for two counts.
27. Surface dive, four counts.
28. Swim, two counts.
29. Surface dive, four counts.

FOR FOUR

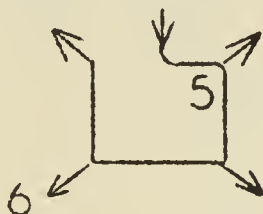
LaCucaracha.

The LaCucaracha stroke is a combination of one breast stroke, one side stroke, and one single over arm, reaching on the accented beat.

1. Entrance--Two girls walk down either side of tank towards shallow end; enter water by ladders.
2. Swim cucaracha stroke down sides of tank toward deep end facing your partners.
3. Turn at corner toward center to meet and form a straight line facing shallow end of pool.



4. Teeter totter. (treading water, raise arms out of water, alternating right and left).
5. Side stroke chain into a square.
6. All do the cucaracha stroke to respective corners.

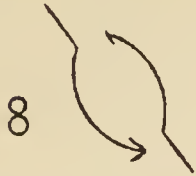


7. Two girls criss-cross. Begin cuca, stroke with breast stroke.





8. Other two criss-cross.



9. Two waltz crawl toward deep end and two toward shallow end (diamond formation).



10. All face center.

11. All swim cuca. Stroke to side center of tank.



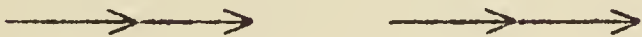
12. All swim cuca. Stroke facing partners toward center.



13. Change partners and swim cuca. Stroke toward deep end.

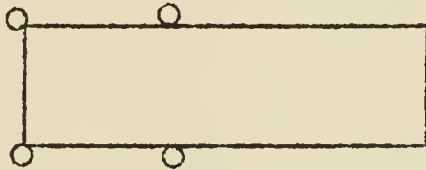


14. Separate at wall and swim cuca. Stroke to respective ladders.



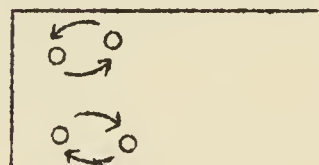
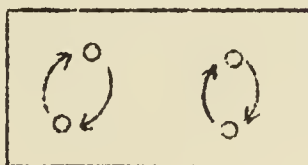
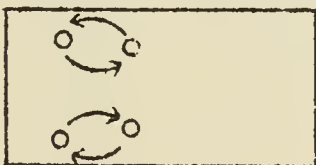
Waltz of the Naiads. (Music--The Naughty Waltz)

1. Pose for dive, eight counts.

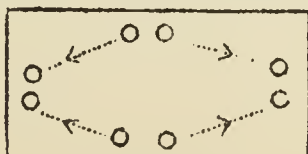


2. Dive and space, four counts.

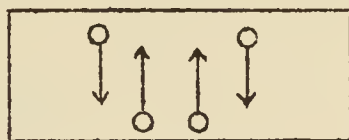
3. Crawl (four strokes along three sides of the tank) twelve counts.



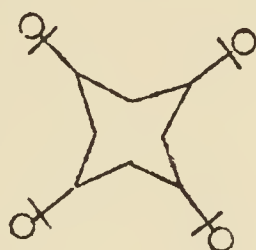
4. Waltz crawl to end center, six counts.



5. Tread for two counts.
6. Crawl to side center. First couple crawl four counts, tread two counts.
Second couple crawl six counts.
7. Side stroke to opposite side, eight counts.



8. Tread and space, four counts.
9. Surface dive to center.
10. Star float, eight counts.



11. Dolphin, eight counts.
12. Star float Fig. 1 and Fig. 2, each four counts.

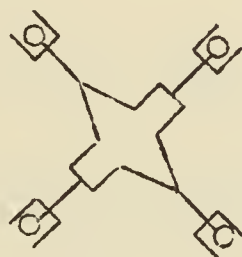


Fig. 1

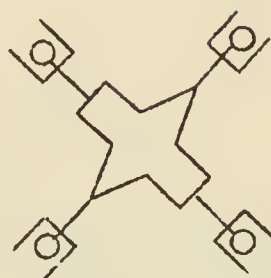
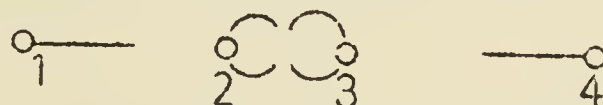


Fig. 2

13. Drop feet and turn to center, two counts.
14. Scull back, four counts.
15. Drop feet to front, two counts.
16. Flutter kick, four counts.
17. Dolphin, eight counts.
18. Breast stroke to center, four counts.
19. Surface dive to center and into straight line on back.



20. Hold line, four counts.
21. Dolphin in straight line, eight counts.
22. Repeat dolphin, eight counts.
23. Flutter kick, four counts.
24. Dolphin, eight counts.
25. Breast stroke into straight line, four counts.
26. Nos. 1 and 4 do back dolphin. Nos. 2 and 3 do double front somersault holding hands. Eight counts for each group.



27. Exit in pairs taking three breast strokes and surface dive. Repeat to exit.



Waltz number. (Music--Mona Lisa)

1. Wait for introduction, eight counts.
2. Dive in, four counts.
3. Crawl to center, face partner. Twelve counts.
4. Grand right and left in square, eight strokes to side. Thirty two counts.
5. Waltz crawl in pairs to end. Start on face. Twelve counts.
6. Tread, four counts.
7. Crawl to diamond. Eight counts.
8. Join partners hand and swim side stroke in, using two measures to stroke. Four counts.
9. Reverse, using two measures to stroke, swimming out. Four counts.
10. Side stroke on right side into circle, sixteen counts.
11. Feet to center. Eight counts.
12. Kick. Four counts.
13. Heads to center. Four counts.
14. Kick. Four counts.
15. Face center. Eight counts.
16. Porpoise. Four counts.
17. Feet to center. Four counts.
18. Dolphin. Four counts.
19. To straight line for exit, exit abreast. Four counts.
20. Breast stroke, four, (two measures to stroke). Eight counts. Porpoise. Four counts.

HAWAIIAN WAR CHANT (Number for 4 boys)

1. Jump feet first off side of pool at deep end. Face walls or edge in jump. Come up facing shallow end. Swim toward center using 2 breast strokes; down center facing partners with 2 side strokes, then 2 breast strokes, then 2 side strokes backs to partners.
2. Turn and swim toward the sides of the pool in twos using crawl starting with right arm. Push off from the wall in back crawl, right arm up.
3. Face the deep end and do a front somersault pike. Follow with a back somersault tuck. Swim around a circle to the left using 8 side strokes. Reverse and do 8 sidestrokes on right side to the right. Go into a surface dive and come up back to back (two side by side facing the deep end and two other facing the shallow end).
4. In the direction which each is facing, 2 breast strokes, 2 side strokes, 2 breast strokes, 2 side strokes. Reverse direction and take 2 simple back strokes, 2 side strokes, 2 back, 2 side.
5. Dolphin, coming up in a vertical position. Surface dive with a $\frac{1}{2}$ twist coming up layout position on back with feet touching partners. Open and close legs in a star float.
6. Couple at shallow end pendulum legs to a back layout while deep couple do a dolphin. Two elementary back strokes, 2 sidestrokes, 2 elementary back strokes, 2 side strokes. Double dolphin ending in front layout position.
7. Exit with 2 breast strokes, 2 side strokes.

Skills necessary for the above routine:

- | | |
|-------------------------------------|--|
| 1. Jump in feet first for deep end. | 5. Crawl on face. |
| 2. Breast stroke. | 6. Front somersault (pike). |
| 3. Side stroke (both sides). | 7. Back somersault (tuck). |
| 4. Crawl on back. | 8. Porpoise (surface dive) with turns. |

- | | |
|---------------------|-----------------------------|
| 9. Dolphin. | 11. Pendulum. |
| 10. Star float. | 12. Elementary back stroke. |
| 13. Double dolphin. | |

FOR FIVE

From twins to quintuplets.

1. Twins.
 - a. Somersaults (two girls)
 - (1) facing--forward and backward.
 - (2) back to back--forward and backward.
 - (3) combine.
 - b. Tandem swimming (two girls)
 - (1) side stroke, outside hand joined.
 - (2) side stroke, inside hand joined.
 - (3) crawl inside hands joined.
 - (4) crawl both hands joined, with roll.
 - c. Stunts (two girls)
 - (1) Long Johns.
 - (2) breast strokes.
 - (3) crawl.
 - (4) dolphins, in pairs.
 - (5) porpoises, in pairs.
2. Triplets.
 - a. Tandem swimming, three girls using any of the following strokes tandem.
 - (1) crawl.
 - (2) breast stroke.
 - (3) back crawl.
3. Quadruplets.
 - a. Tandem swimming, four girls, one using breast stroke, pushing three in tandem back.
4. Quintuplets.
 - a. Five girls swimming side stroke, one behind the other spoon fashion.

Seals at play. (Music--Fairest of the Fair)

1. Seal dive from edge of pool, eight counts.
2. Scull to center, eight counts on face (muskrat).
3. Surface dive, eight counts.
4. Come up on back, eight counts.
5. Dolphin, eight counts.
6. Line up for wheel, sixteen counts.
7. Dolphin and wheel, thirty two counts.
8. Swish to edge, sixteen counts (sunfish).
9. Middle girl push off in a back flip, eight counts.
10. Four others do the same, eight counts.
11. Hold at edge of pool, eight counts.
12. Two ends push across pool on face, turn front somersault at wall and push off on back to middle, eight counts.
13. Others do porpoise, rolls. Hold until end of measure.
14. All push off on back to middle, eight counts.
15. Dolphin, eight counts.
16. Line up for dolphins, eight counts.
17. Dolphins, eight counts.
18. Scull to edge and link arms, sixteen counts.
19. Push off and surface dive together, eight counts.
20. Form a single line and exit, sculling and surface diving.

FOR SIX

Lobsters delight. (Music--Stars and Stripes Forever)

1. Entrance: Threes on opposite sides of the tank. Hold for eight counts.
2. Jump in single every four counts. Close to wall and spinning tub, twenty four counts.
3. Float on back, feet toward center, eight counts. Scull in till feet touch, eight counts.
4. Log roll right two times, eight counts.
5. Log roll left two times, eight counts.
6. Ending on back.
7. Turn on right side and form one legged circle, by holding leg of girl ahead, eight counts.
8. Swim with inside hand turning circle, eight counts.
9. On back, legs to center circle, eight counts.
10. Scull circle to left, eight counts.
11. Scull circle to right, eight counts.
12. Pendulum hands to center joined in face float, sixteen counts.
13. Scull out on face toward feet, sixteen counts.
14. Crab, and reverse breast stroke to single line, sixteen counts.
15. Exit, doing double flip to deep end.

SOUTH AMERICAN WAY

(4, 6, or 8 persons, $\frac{1}{2}$ boys or all girls)

1. Swimmers line up at the deep end of the pool at the corners, girls at one corner and boys at the other in single file.
2. Dive in alternately, coming up on the center line, one behind the other and swimming the Rhumba stroke (2 breast strokes and 1 side overarm bringing the left arm out of the water) down the middle of the pool.
3. When all are in the water, the girls turn right, the boys left each group taking one Rhumba stroke to the wall. All push off from the side on their backs and do 2 Rhumba strokes on back (2 simple back strokes and one side overarm on the back).
4. All do 3 Rhumba strokes on face around a circle.
5. All do half a figure eight (circle sculling on side) throwing left arm over head.
6. Come up in pairs. Lock legs and scull around in $\frac{1}{2}$ circle.
7. Drop legs and face deep end. Swim front Rhumba to deep end, first couple separating to allow next couple to reach end, etc.
8. The last couple to touch the end starts right off again, taking 2 front Rhumba strokes and then 2 back ones, repeating until they reach the shallow end. At the start of the first 2 back Rhumbas, the second couple pushes off and takes alternating back and front Rhumbas. The third couple starts on the second front Rhumba, etc. All are doing the same thing at the same time.
9. When all are at the shallow end, they spring out of the water at the same time, turning left to a sitting position.

Skills necessary for the above routine:

1. Standing front dive.
2. Rhumba stroke (2 breast, 1 overarm on side) on both sides.
3. Rhumba stroke on back (2 elementary back strokes, and 1 side overarm on back).
4. $\frac{1}{2}$ a figure eight (sculling on side in a circle) both sides.
5. Sculling in circle in pairs with legs locked.
6. Turn from front Rhumba to back Rhumba and vice versa.
7. Spring out of water at shallow end, sitting on edge.

LA COMPARSITA

(For any even number of participants)

1. Dive in alternately from opposite sides of the pool. Toward the shallow end of the pool, do 2 Rhumba strokes (2 breast strokes and one side stroke overarm).
2. Turn toward the sides of the pool ($\frac{1}{2}$ to each side) and do 2 Rhumba strokes to the side.
3. Push off and do 2 Rhumbas on the back (2 elementary back strokes and one adapted side overarm on the back). Using 2 side strokes form a circle. Using Rhumba stroke on face turn the circle half way around ending in 2 lines facing shallow end. Three breast strokes and front somersault tuck. Breast stroke to shallow end.
4. Tug and ship toward deep end for 10 strokes. Double flip. Front crawl 6 strokes. Roll over for tandem dolphin. Single dolphin swimming to the deep end underwater.
5. Lobster toward the shallow end. Pendulum feet down for a dolphin.
6. Toward the shallow end, do 2 Rhumbas on the back. Alternate with 2 Rhumba strokes on the face to the end of the pool.
7. Spring out on to edge and sit for exit.

Skills necessary for the above routine:

1. Standing front dive.
2. Rhumba stroke (2 breast stroke and 1 side overarm) on both sides.
3. Rhumba on back (2 elementary back strokes, 1 side overarm on back).
4. Breast stroke.
5. Front somersault (tuck).
6. Tug and ship.
7. Double flip.
8. Front crawl.
9. Tandem dolphin.
10. Single dolphin.
11. Lobster.
12. Pendulum.
13. Rhumba with a roll from front to back and vice versa.
14. Spring out of water at shallow end and sit on edge of pool.

A FLOATING ROUTINE (8 persons)

1. There are two swimmers at each end of the pool, one behind the other. There are two at the sides of the pool, one near the deep end and one near the shallow end at each side.
2. The front ones at each end dive, swim under water until they meet in the center of the pool and come up in position for a star float. The next two at the ends dive in and come up behind the first two who are starting their star float.
3. The second center couple do a dolphin with $\frac{1}{4}$ turn and change positions under water so that all 4 girls have their feet in to the center. As soon as these girls start the dolphin, the girls at the sides of the pool dive in and swim under water to the opposite side.
4. The center does a star float while the girls at the ends swim breast stroke across the pool.
5. All flutter kick. The center making circle larger, the end girls going $\frac{1}{2}$ way across the pool.
6. Center girls take 3 side strokes around circle while end girls take 4 crawl strokes back to edge of pool.
7. Center girls make a square float while the side couples scull feet first on back to the corners of the square.

8. All 4 crawl away from the center.
9. Center girls take 3 side strokes back toward the center and go into $\frac{1}{2}$ a figure eight (circle sculling on side) while the end girls do the same toward each other.
10. Center float with feet into center touching. Ends float on back head to head.
11. All do a dolphin, the center group splitting into couples and the end girls coming up again on backs but with feet together.
12. All do a ballet leg and scull into position for a diamond float. Diamond float and push away, the center sculling to partner in center and ends sculling to wall.
13. All do ballet leg, side couples at the wall, center at the center.
14. All throw arms over head and submerge swimming to position in two lines down the center of the pool facing the deep end.
15. Exit with 2 breast strokes and a porpoise.

Skills necessary for the above routine:

Half of group:

1. Standing front dive
2. Star float
3. Dolphin with $\frac{1}{4}$ turn
4. Swim under water
5. Flutter kick
6. Crawl
7. Float on back
8. Scull on back toward head and toward feet and turning
9. Back crawl
10. Side stroke on either side
11. Half a figure eight (scull on side in circle)
12. Dolphin
13. Ballet leg
14. Diamond float
15. Breast stroke
16. Porpoise
17. Foot first surface dive

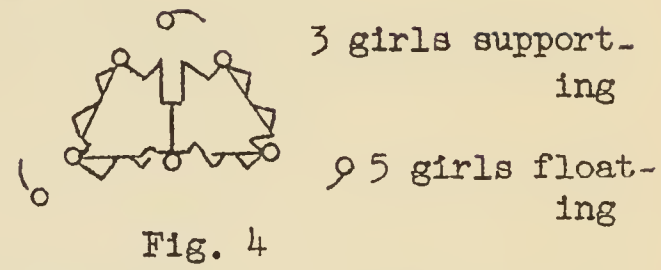
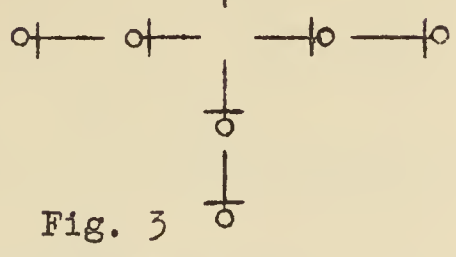
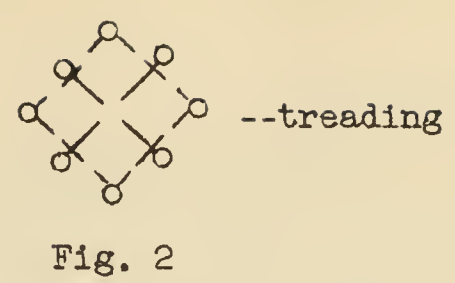
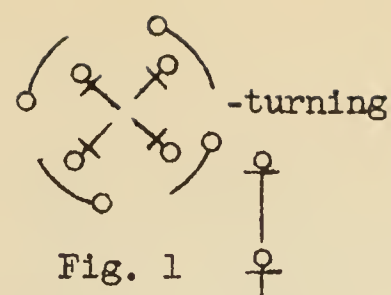
Half of group:

1. Standing front dive
2. Swim under water
3. Breast stroke
4. Flutter kick
5. Crawl
6. Scull on back to feet and toward head and turn
7. Back crawl
8. Back stroke on either side
9. Half a figure eight (Scull on side in circle)
10. Float on back
11. Dolphin
12. Ballet leg
13. Diamond float
14. Porpoise
15. Foot first surface dive

FOR EIGHT

Daytime maneuvers.

1. Jump in feet first in a close formation.
2. Up and space, shoulder to shoulder.
3. Form 2's to the left and breast stroke forward.
4. Form 4's to the right and breast stroke forward.
5. Form 8's to the right and breast stroke center.
6. Form 4's to the right and breast stroke.
7. About face.
8. Salute.
9. Form figures:



10. Exit all porpoising at once.

Figure swimming using breast stroke. (Music suggestion--Waltz in A Flat-Brahms)

In figure 1 the swimmers line up at the starting point. Nos. 4 and 5 start together. After two strokes, Nos. 3 and 6 start. After two more strokes, 2 and 7 go; and two strokes later 1 and 8. They continue in this formation to the end of the pool where they line up as at the start.

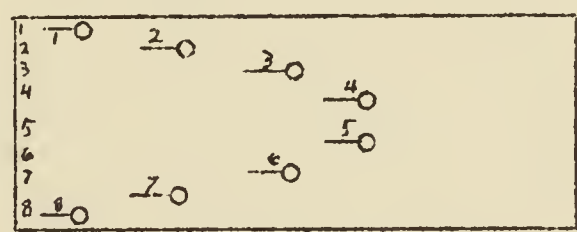


Fig. 1

Nos. 1 and 8 now lead back, taking three strokes and a surface dive. Nos. 2 and 7 start on the third stroke of the leaders and do the same. Nos. 3 and 6, 4 and 5 start in turn after three strokes. Altogether 1 and 8 make three surface dives, 2 and 7 two, 3 and 6 make one. Nos. 4 and 5 make only three strokes. Then 5, 6, 7 and 8 turn and follow in behind No. 4. No. 1 leads in behind 8 until a circle is formed. This circle is gradually closed in until the swimmers tread water holding hands in a single circle facing inward.

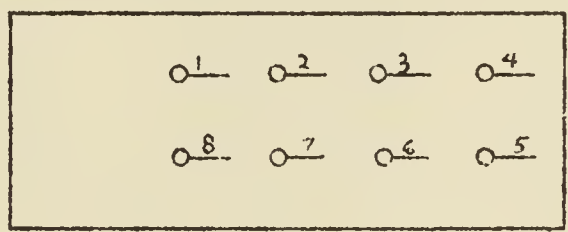


Fig. 2

Still holding hands, all lie back into a back floating position with all feet together in the center and all arms outstretched. Hold for at least two measures of the music. This is the "morning glory". (Spotlights of amber and magenta on this make the resemblance more pronounced.) After this figure, swim back to the original position, or to the edges of the pool.

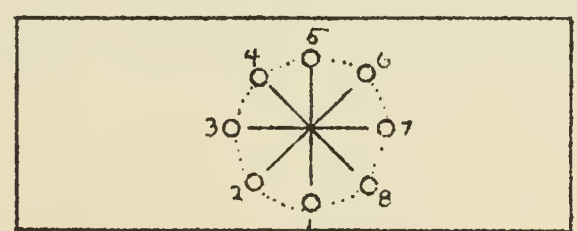


Fig. 3

Group Number II.

1. Two lines, four in each line, all facing the same direction.
2. No. 1 pulls No. 2 over her head. No. 3 pulls No. 4 over her head as in the plank. Repeat four times until in original places.
3. All in each line take straddle position. No. 4 swims through the legs of her team and stands in front. No. 3 follows, etc. until all have had a turn.
4. Form a circle and at a signal every other girl leap-frogs over the girl ahead of her. Repeat.
5. Each one turns a front somersault in order.
6. Exit, with pairs in "tired swimmer carry".

Inner tube drill. Either with inner tubes hooked on shoulders, or with inner tubes held on water in front - 2 to each performer.

1. Jump in.
2. End girls swim to form an angle, tubes held in front, up. Use flutter kick.

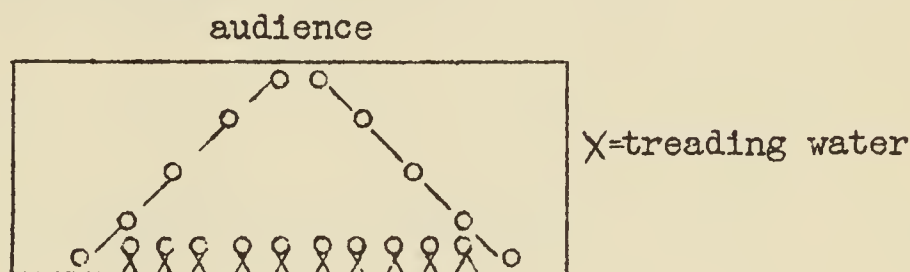


Fig. 1

3. Form a circle swimming back flutter kick. Tubes held same as in 2.

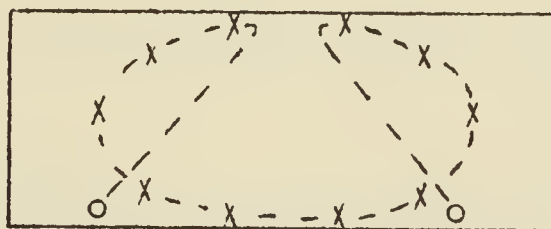


Fig. 2

4. All face center holding tubes in center of circle.

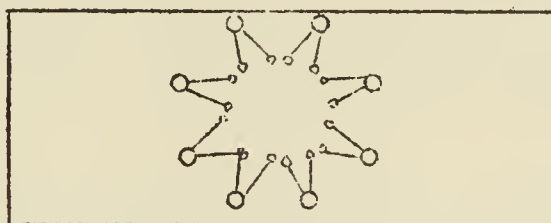
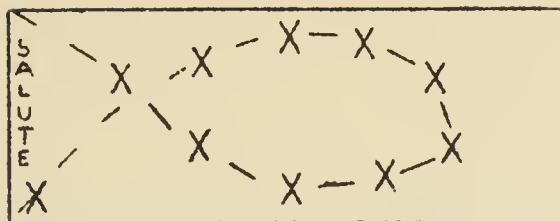


Fig. 3

5. In four counts form arches with tubes.
6. In four counts right shoulder in, arms straight, inner tube flat, outer arm at side.
7. In four counts, a half turn, repeat right and left.
8. In four counts face center, left arm stays in place while right arm crosses over.
9. In four counts left arm goes obliquely upward, while right arm is placed to the outside, inner tube flat, left shoulder to the center.
10. In four counts, all face center and get ready for exit. Exit in split circle doing breast stroke.

d
e
e
p
e
n
d



and in straight line
facing audience -
Tubes framing face

Fig. 4

Newcastle--A Dance.

1. Bob forward and back, and bob in water to partner.
2. Arming. Partners join right arms and walk around. Men go to the center and tread around in circle while ladies swim crawl around the outside. Repeat, with ladies in the center and men around.
3. Siding. Side stroke past partner, and back, and salute with a bob.
4. Arches. Couples 2 and 4 scull in and out, and make an arch with inside hands. Couples 1 and 3 cast-off, and do a surface dive under their respective arches. Repeat with couples 1 and 3 making the arches.
5. Arming and passing. Join right arms with partner and tread around, passing on to next partner as in grand 'right and left' and 'arm' her. Couple 4 and the lady of 3 and the gentleman of 1 scull out from center and back. Other four do the same. When they meet in the center, each turns over, and passing right shoulders swimming the crawl, change places. Repeat this part of the figure in other direction and bob to partner at end.

Costumes: Ladies in sunbonnets and gentlemen in straw hats and a bandana at neck.

Routine using a single kick board.

1. Entrance. Tandem breast stroke pushing board.
2. One girl on each of four sides of kick board, two hands on board, treading and turning until
3. Each girl has partner with hands on her shoulders, arms straight.
4. Centers float on stomach (heads up), feet together. Partners hold feet with one hand and swim side stroke turning circle.
5. Same. Centers spread legs. Outers hold with both hands and tread around.
6. Centers turn onto backs, arms straight, legs as together, as in 4.
7. Centers on back as in 5.
8. Centers turn onto right side, put top foot on under knee, outers turn circle.
9. All into center, two on each side of board, all thrash water with legs.
10. Holding board with right hand, swim breast stroke with left hand, legs low and kicking. Turn board until leader leads off tandem breast stroke.

Routine for tadpole dance (in shallow water) (Music -From Frisco to Cape Cod Waltz)

1. Entrance. Two lines of four, hands on hips of girl in front. Sixteen bobs to form circle.
2. Eight bobs moving left in circle. Eight bobs moving right in circle. Finish with two lines facing.
3. Lines make three bobs toward each other and submerge. They make three bobs back and submerge.
4. Ladies change. Repeat.
5. Top couple swim down center four side strokes facing each other. Same back to place. Bottom couple do the same.
6. Grand right and left--walking or swimming.
7. Exit. Same as entrance.

FOR TEN GIRLS

Candle parade. (Music--any march)
(Audience on top side.)

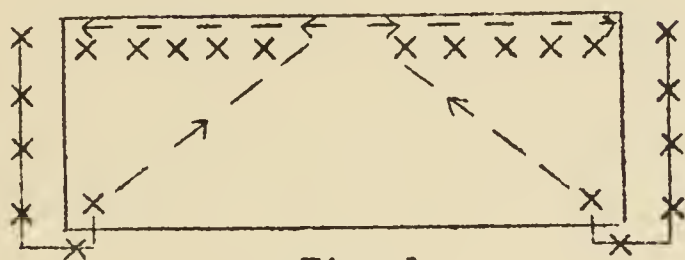


Fig. 1

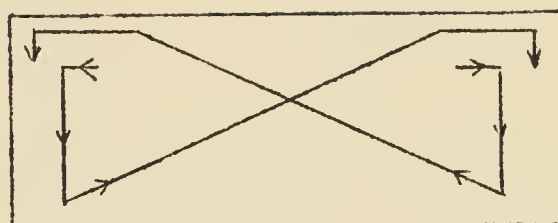


Fig. 2

3. Form a circle. Two branch in. All candles to center. Two branch out.

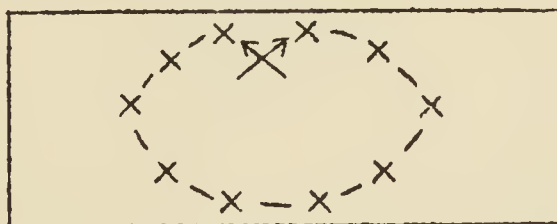


Fig. 3

4. From a circle form two lines, candles held out toward edge of pool. Lead under arch.

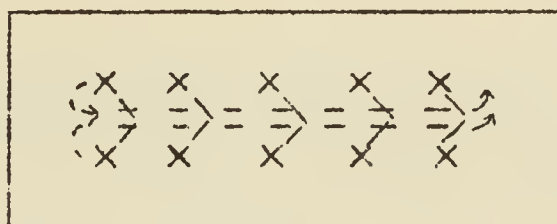


Fig. 4

5. Each couple continues through arch. Leader leads into the formation of a school or club letter. Example: M.

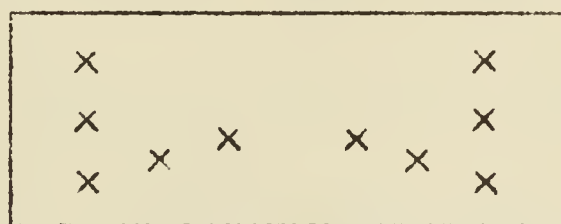


Fig. 5

6. Put out candles and swim to the end of pool using crawl.

Suggestion: For a daytime parade, instead of candles, use: balloons in bunches, flags, reeds with lilies or balloons.

Swimming formations for candle parade.

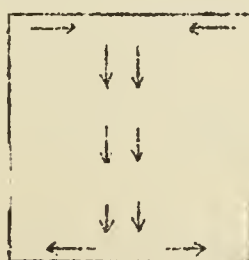


Fig. 1

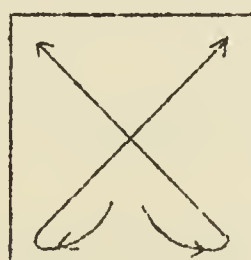


Fig. 2

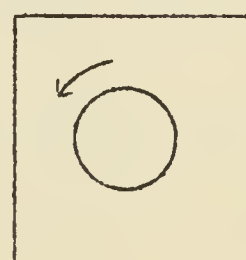


Fig. 3

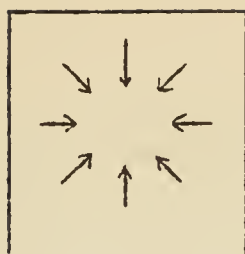


Fig. 4

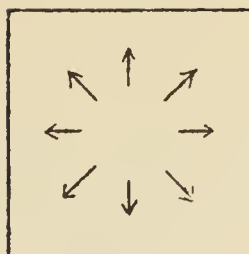


Fig. 5

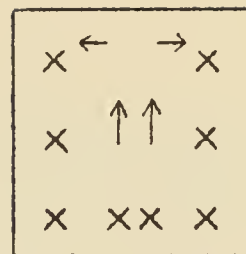


Fig. 6

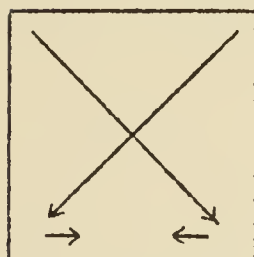


Fig. 7

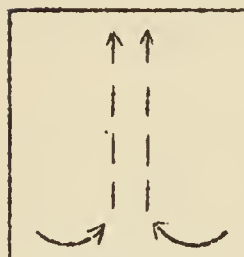


Fig. 8

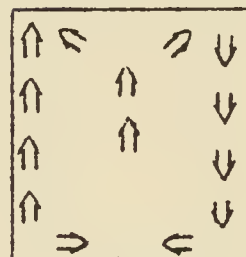


Fig. 9

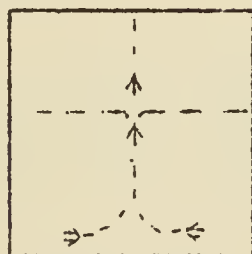


Fig. 10

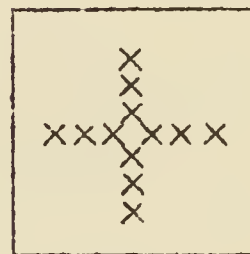


Fig. 11

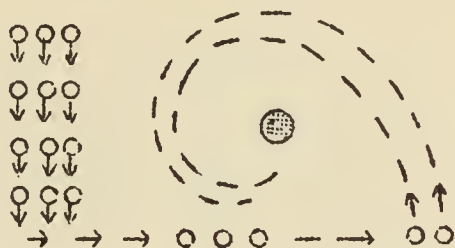
Century of Progress number using center float.

1. Dive in, form single line facing deep end, and space. Eight counts.
2. Face direction of dive and swim four breast strokes. Four counts.
3. Wheel into 2's (left). Two counts.
4. Left face. Two counts.
5. Breast stroke three and face left. Four counts.
6. Three breast strokes to deep end.
7. At corner single line crawl. Four counts.
8. At corner, 2's crawl to circle. Sixteen counts.
9. Tread four counts and face for double back float. Four counts.
10. Dolphin. Four counts.
11. Waltz crawl, twelve strokes (in pairs around large circle).
12. Tread four counts, partners facing.
13. Porpoise passing right shoulders. Four counts.
14. Sunfish to center, four counts, forming double circle.
15. Five girls in and five girls out, four counts, inner girls holding to center float, on face, feet together.
16. Outer girls holding legs of inner, circle left. Eight counts.
17. Back float. Eight counts.
18. Side float. Eight counts. Upper knee bent.
19. On back, legs apart. Eight counts.
20. Outer circle shift right and grasp nearest ankle of two girls. Four counts.
21. All face float. Eight counts.
22. Roll over (inner circle). Outer circle pendulum, feet in to center. Four counts for each.
23. Outer circle scull in to the float. Four counts.
24. Wheel. Eight counts. All girls with feet on float, hands joined to form rim of wheel.
25. Thrash out. Eight counts. Exit--split circle doing crawl to corners. Slide to center for salute. Twelve counts.

FOR TWELVE GIRLS

Routine I.

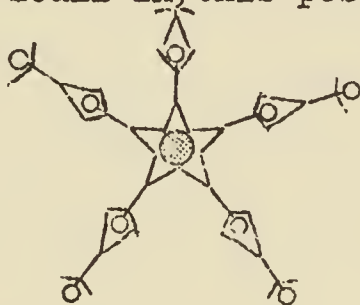
1. Dive in and form a single line, get spacing by placing left hand on hip of girl in front and right arm out to the side. Four counts.
2. Face right and swim 12 breast strokes forward. Twelve counts.
3. Wheel left into 3's. Four counts.
4. Face right and three breast strokes forward. Four counts.
5. Face left and three breast strokes forward. Four counts.
6. Left about face and three breast strokes forward. Four counts.
7. As first three come to the corner, face left and swim crawl.



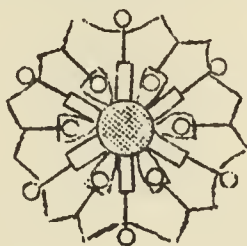
8. At the second corner form 2's and swim around the circle crawl stroke until everyone is in a circle.
9. Tread four counts facing the center of the circle.



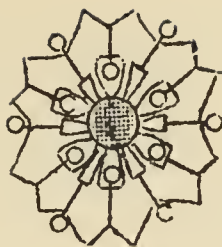
10. Inner girls right foot on the circle, while the other girls hook feet around the inner girls waist. Scull in this position. Eight counts.



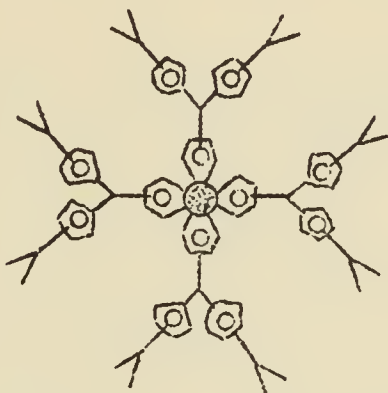
11. Backstroke out, starting left, inner circle taking four strokes and floating two counts, while outer circles take six strokes and all dolphin



12. Waltz crawl 18 strokes starting right, going in a circle.
13. Tread four counts, partners facing each other, and passing right shoulders, porpoise.
14. Sunfish to the circle, six girls to the center and six girls out. Four counts.
15. Outer circle on count of one face right, on two and three two swim a breast stroke forward. On count of four, inner girls roll over, hands on float. Outer girls have feet on float, grasping legs of the inner circle. Fold for eight counts.



16. Inner circle roll over, four girls staying in the center, other girls taking hold of their legs and making a spider web float. All face float for eight counts.



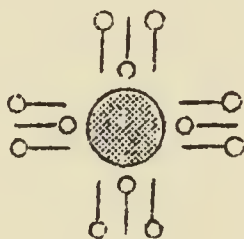
17. Outer girls swim breast stroke into the circle. Four counts.
 18. All pendulum, right foot on the circle. Back float holding arms. Eight counts.
 19. Scull out for four counts and kick.
 20. Exit in three's doing three breast strokes and a porpoise.

Routine 2.

1. Entrance: Groups of three forming a triangle.

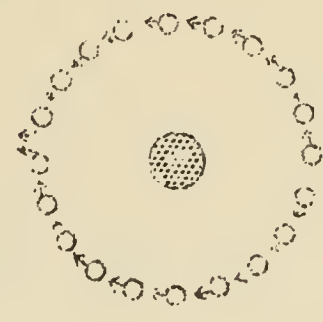
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Three breast strokes and porpoise. Do six times to form the following figures around the float.



2. Back float three counts and dolphin on the fourth count.
 3. Facing the float in threes swim forward three breast strokes and porpoise. Six girls to the center and the other six holding the legs of the inner girls with one hand.
 4. Swim in above position for eight counts. Inner girls roll over, bringing left arm out of water.
 5. Continue swimming right in this position for eight counts. Inner girls roll over on right side bringing left arm high. Draw left foot up to right knee.
 6. Swim toward right for eight counts. Inner girls roll over bringing left arm high and floating on back, legs apart and outer girls taking hold of each leg.
 7. Swim in the above position for eight counts.
 8. Outer girls shift to the right, four counts. Take hold of partner's foot and neighbor's foot, all float for eight counts.

- 9. Outer circle pendulum into a back float, while the inner circle rolls over. Four counts.
- 10. Inner circle puts right leg on the float. Outer circle scull in and put right leg on the float. Hold this position for four counts.
- 11. All thrash out for six counts.
- 12. Exit: Swim off in twos doing crawl.



Routine 3.

- 1. Side stroke in single chain to center float.
- 2. Swim breast stroke in threes forming spokes on wheel once around.
- 3. Reverse and swim two breast stroke and porpoise once around to corners.
- 4. Face corner and swim crawl to corners.
- 5. Swim once around small circle, sunfish side stroke.
- 6. Forming chain, swim to circle around center float.
- 7. On backs, back crawl out from center.
- 8. Pendulum onto face and crawl to center.
- 9. Pendulum feet to center circle to wheel float.
- 10. Dolphin.
- 11. Exit in split circle and tandem crawl or two breast stroke and surface dive.

FOR SIXTEEN GIRLS

Figure swimming using crawl stroke. (Music suggestion: Old English Country Dance - Sonia Serova) Swim from the sides of the pool to the formation in Fig. 1. Tread water, facing audience, then lie back motionless so that a bridge is formed across the pool. Hold for several measures, then tread and swim to the positions in Fig. 2.

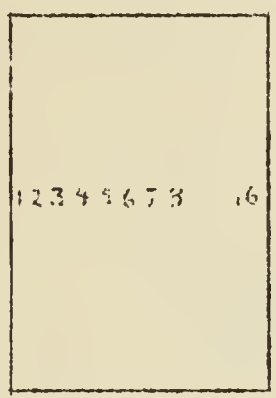


Fig. 1

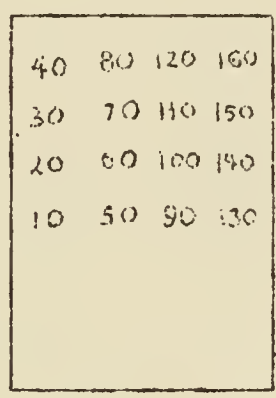


Fig. 2

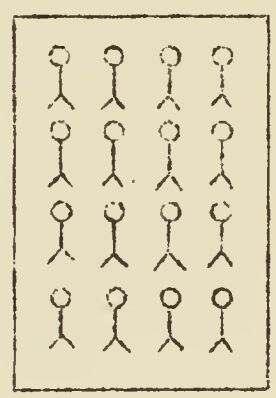


Fig. 3

All tread. On given signal, float. Open arms and legs so that a web is formed as in Fig. 3. Close arms and legs and crawl to a large circle under the diving board as in Fig. 4.

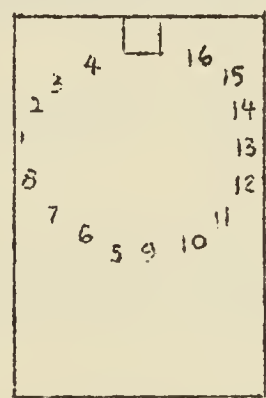


Fig. 4

Tread water and float, alternating after every two dives from the board into the center of the circle. Spotlight on the divers.

Figure swimming using side stroke. (Music suggestion: Minuet--Paderewski)

The swimmers line up as in Fig. 1. Nos. 4, 8, 12 and 16 lead off to the center with their respective lines following. All lines pass to the right of the oncoming lines and proceed to the opposite corner, thence to the left. See Figs. 2, 3 and 4.

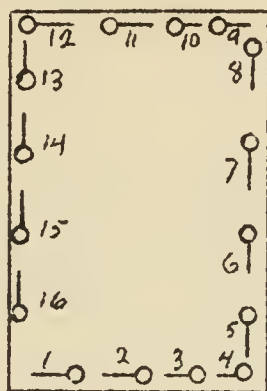


Fig. 1

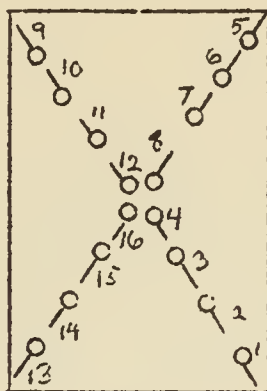


Fig. 2

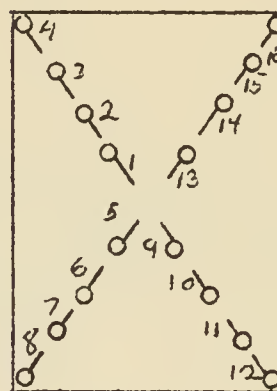


Fig. 3

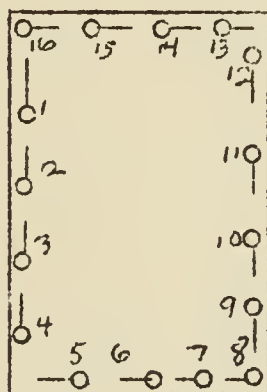


Fig. 4

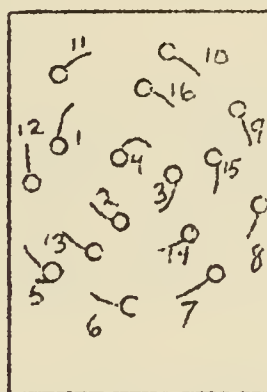


Fig. 5

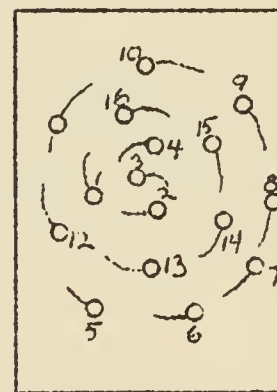


Fig. 6

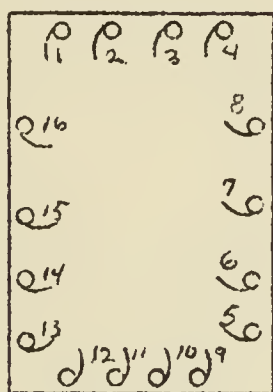


Fig. 7

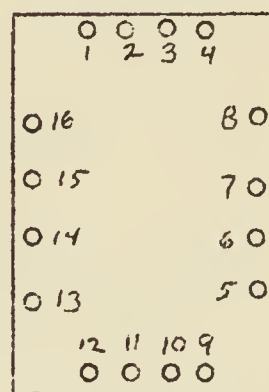


Fig. 8

No. 4 then leads all the lines into a large spiral, turns and leads them out. Then all lines go to the edges. See Figs. 5, 6, 7 and 8.

FOR ANY NUMBER OF PERFORMERS

Frogs. (any even number)

1. Entrance - hop to edge and frog dive into water.
2. Frog kick on back to evenly spaced positions opposite each other.
3. Change places, passing to the right, using frog kick on face float, not using arms.
4. Taking the person on the right for partner, change places again using tired swimmer carry.
5. Return using head carry with frog kick.

6. Swim to shallow water, each pair using either tandem breast, tandem simple back, tandem combination of the breast and simple back, or shadow swimming. Each couple performs separately from the others.
7. All do monkey roll and double flip.
8. Exit--leap frog.

Group Number I.

1. Scull on back, feet first, into circle with feet meeting in the center.
2. Do log roll to the left six times. Do six times to the right.
3. Move entire circle to left with sculling. Move to right with sculling.
4. Turn to face float, joining hands to do so by allowing the feet to sink, and then bring hands together in center of circle.
5. Scull back to wall on face, feet first.

Mermaids waltz. (any number of girls. Any small waltz record)

1. Eight side strokes to closed circle with hands joined, facing the inside of the circle. Sixteen measures.
2. Eight treads in place rising on the accent. Eight measures.
3. Four treads moving to right. Four treads moving to the left. Eight measures.
4. Four side strokes away from center, partners facing. Four measures.
5. Four side strokes towards center, partners facing. Four measures.
6. Tread water out to large circle. Four measures.
7. Porpoise into center. Eight measures.
8. Tread for four measures.
9. Porpoise for eight measures.
10. Scull into position on back, feet together. Four measures.
11. Dolphin, eight measures.
12. Scull into position on back, feet together. Four measures.
13. Dolphin. Eight measures.
14. Scull into circle. Eight measures.
15. Exit using four back crawl alternating with four crawl. Four measures.

Water bugs. (any number)

1. Jump in and come to surface in a jellyfish float. Hold for eight counts.
2. Tread and look at leader. On signal all do spinning tub.
3. All do a single forward somersault with a tuck. All do a single backward somersault with a tuck.
4. In partners. Facing each other, a single forward somersault with hands joined, also a backward somersault in the same manner. In partners. Back to back, a forward somersault and a backward one.
5. Exit bobbing.

I. Skills necessary for the following routines:

- Page 31 A. The Dragon Fly
1. Sculling on back toward feet
 2. Diamond float
 3. Butterfly float
 4. Double plank
 5. Sculling on back toward head
- Page 33 B. Waltz Trio
1. Standing front dive
 2. Treading
 3. Breast stroke
 4. Surface dive with turn
 5. Front crawl
 6. Floating on back
 7. Scull on back toward head
 8. Dolphin
 9. Tub
 10. Double plank
 11. Accordion float
 12. Tandem breast stroke
- Page 34 C. La Cucaracha
1. La Cucaracha stroke
 2. Tread water
 3. Side stroke chain
 4. Waltz crawl
- Page 35 D. Waltz of Naiads
1. Standing front dive
 2. Front crawl
 3. Waltz crawl
 4. Treading
 5. Side stroke (both sides)
 6. Surface dive
 7. Dolphin
 8. Star float
 9. Pendulum
 10. Sculling on back toward head
 11. Flutter kick on back
 12. Breast stroke
 13. Float on back
 14. Double front somersault
- Page 37 E. Waltz
1. Front dive
 2. Front crawl
 3. Waltz crawl
 4. Tread
 5. Side stroke in pairs - hands joined
 6. Side stroke - right side
 7. Float on back
 8. Flutter kick
 9. Porpoise
 10. Dolphin

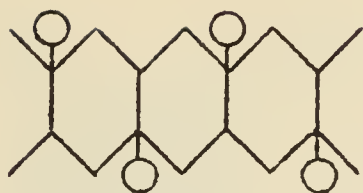
- Page 38 F. Seals at Play
1. Seal dive
 2. Muskrat
 3. Surface dive with turn
 4. Dolphin
 5. Wheel
 6. Sunfish
 7. Front somersault
 8. Scull on back toward head
- Page 39 G. Lobsters Delight
1. Jump in feet first
 2. Tub
 3. Float on back
 4. Scull on back toward feet
 5. Log rolling
 6. Side float (one leg circle)
 7. Pendulum
 8. Lobster
 9. Crab
 10. Reverse breast stroke
 11. Double flip
- Page 41 H. Daytime Maneuvers
1. Jump in feet first
 2. Treading
 3. Breast stroke
 4. Float on back
 5. Porpoise
- Page 42 I. Figure Swimming Using Breast Stroke
1. Breast stroke
 2. Surface dive
 3. Treading water
 4. Float on back
- Page 43 J. Group Number II
1. Double plank
 2. Under water swimming
 3. Leap frog
 4. Front somersault
 5. Tired swimmers carry
- Page 43 K. Inner Tube Drill
1. Jump in feet first
 2. Flutter kick on face using inner tube for support
 3. Flutter kick on back
 4. Tread water
 5. Breast stroke kick using inner tube for support
- Page 44 L. Newcastle
1. Bobbing
 2. Treading
 3. Front crawl
 4. Side stroke (both sides)
 5. Surface dive
 6. Sculling

- 54
- Page 44 M. Routine Using a Single Kick Board
1. Tandem breast stroke
 2. Treading water
 3. Face float
 4. Back float
 5. Side float
 6. Flutter kick on face
 7. Breast stroke
- Page 44 N. Tadpole Dance
1. Bob in shallow water
 2. Side stroke
- Page 45 O. Candle Parade
1. Side stroke (both sides)
 2. Side stroke (top hand out of water)
 3. Treading water
- Page 46 P. Century of Progress
1. Standing front dive
 2. Tread water
 3. Breast stroke
 4. Back float
 5. Dolphin
 6. Waltz crawl
 7. Porpoise
 8. Sunfish
 9. Face float
 10. Back float
 11. Side float
 12. Scull on back toward head and feet
 13. Flutter kick on back
 14. Front crawl
- Page 47 Q. Routine I
1. Standing front dive
 2. Tread water
 3. Breast stroke
 4. Front crawl
 5. Tandem sculling on back
 6. Back crawl
 7. Dolphin
 8. Waltz crawl
 9. Porpoise
 10. Sunfish
 11. Face float
 12. Back float
 13. Pendulum
- Page 48 R. Routine II
1. Standing front dive
 2. Breast stroke
 3. Porpoise
 4. Back float
 5. Dolphin
 6. Face float
 7. Back float
 8. Pendulum
 9. Flutter kick on back

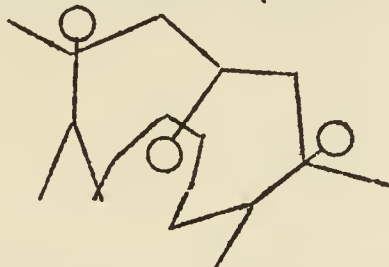
- Page 49 S. Routine III
1. Side stroke in chain
 2. Breast stroke
 3. Porpoise
 4. Crawl
 5. Sunfish
 6. Float on back
 7. Back crawl
 8. Pendulum
 9. Dolphin
- Page 49 T. Figure Swimming Using Crawl Stroke
1. Crawl
 2. Treading water
 3. Floating on back
- Page 50 U. Figure Swimming Using Side Stroke
1. Side stroke
 2. Treading water
- Page 50 V. Frogs
1. Frog dive
 2. Breast stroke kick (on face)
 3. Tired swimmers carry
 4. Head carry
 5. Tandem breast stroke
 6. Tandem simple back
 7. Tandem combination of 5 & 6
 8. Monkey roll
 9. Double flip
 10. Leap frog
- Page 51 W. Group Number I
1. Scull on back toward feet
 2. Log roll
 3. Scull on back in circle
 4. Face float
 5. Scull on face to feet (lobster)
- Page 51 X. Mermaids Waltz
1. Side stroke (both sides)
 2. Treading water
 3. Porpoise
 4. Dolphin
 5. Sculling on back toward feet and head
 6. Crawl
 7. Back crawl
- Page 51 Y. Water Bugs
1. Jump in feet first
 2. Jelly fish float
 3. Tread
 4. Tub
 5. Front somersault (tuck)
 6. Back somersault (tuck)
 7. Same - hands joined

FIGURE FLOATING

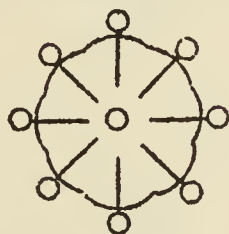
1. Straight line.



2. Circle: One group straightens arms with legs closed, the other group opens legs but arms are bent. (seven girls)



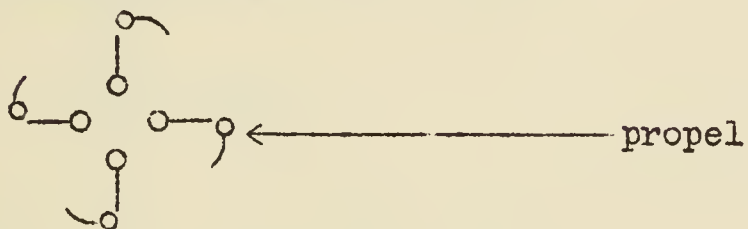
3. Circle pyramid float. Girl in center to revolve.



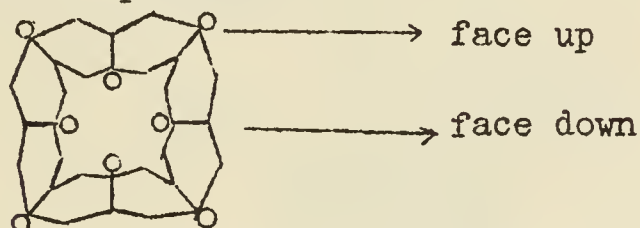
4. Spiderweb.



5. Wheel--moving circle.



6. Circle--spiderweb.



7. Two girls floating head in holding legs of two other girls floating with their heads out.

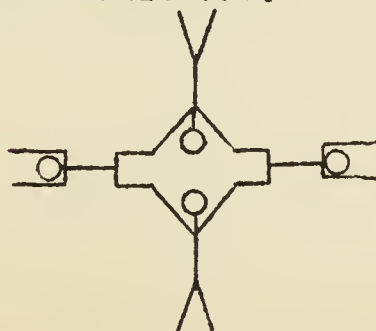
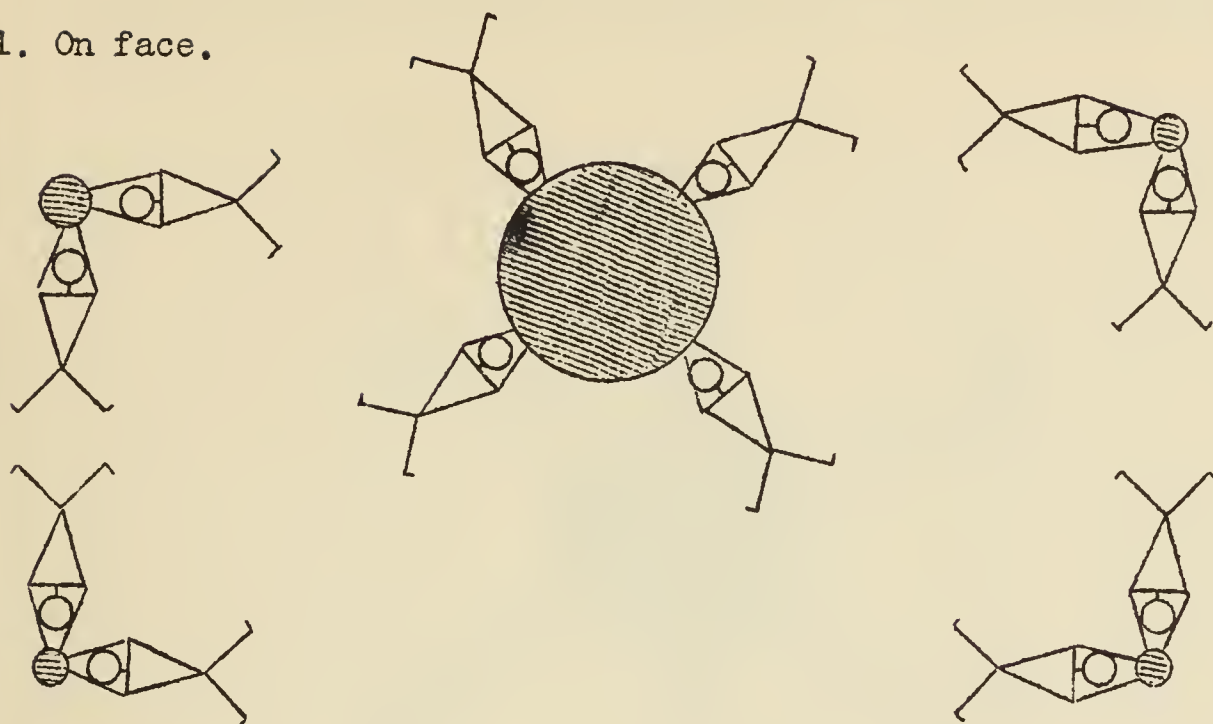
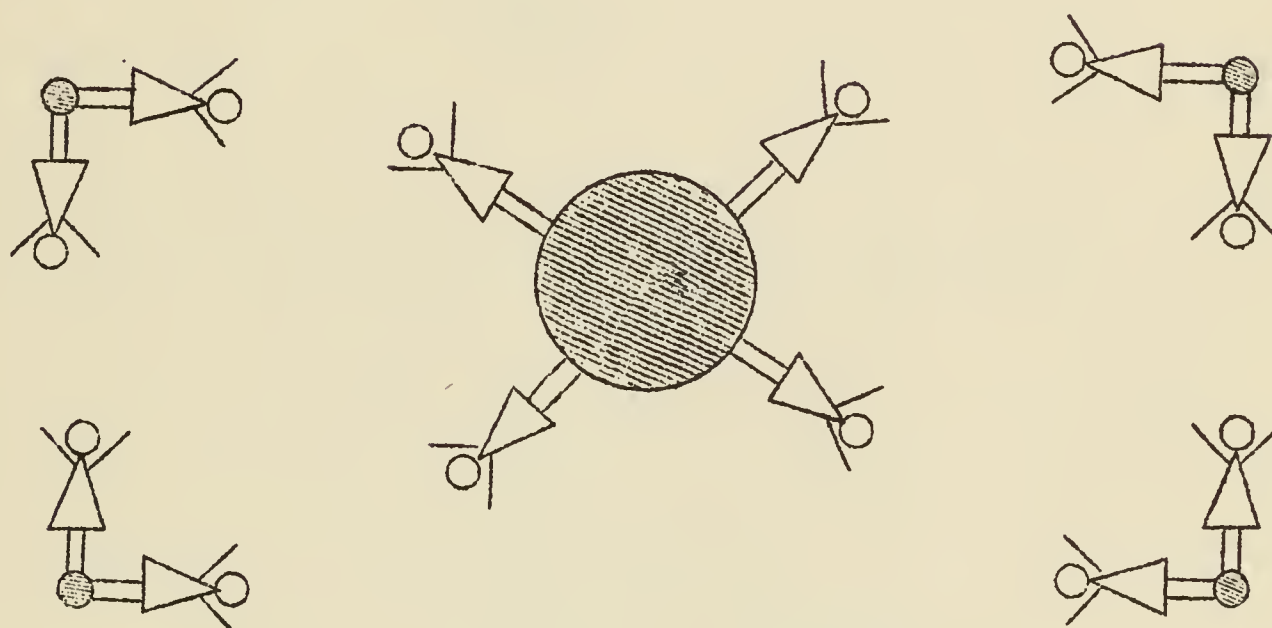


FIGURE FLOATING - USING FLOATING SUPPORTS

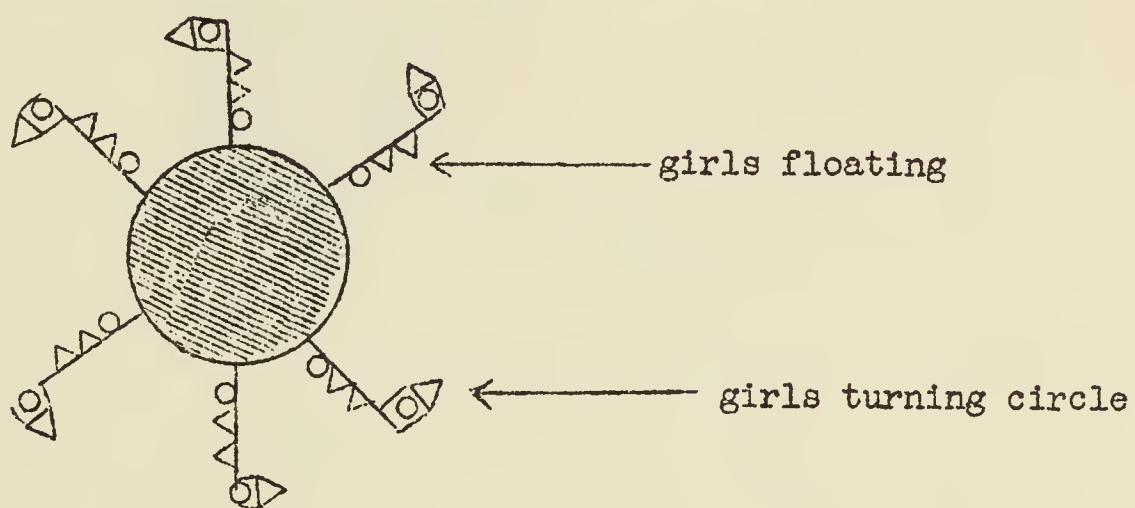
1. On face.



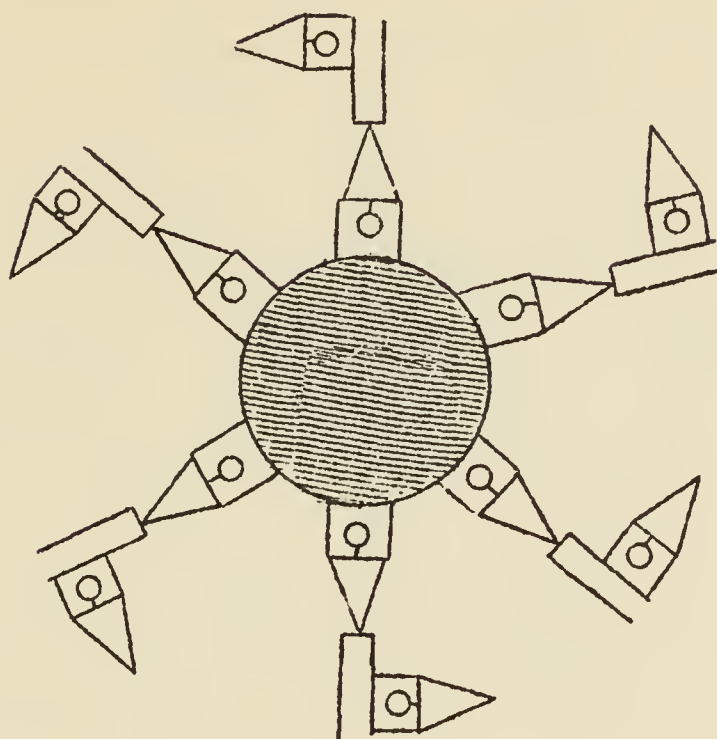
2. On back.



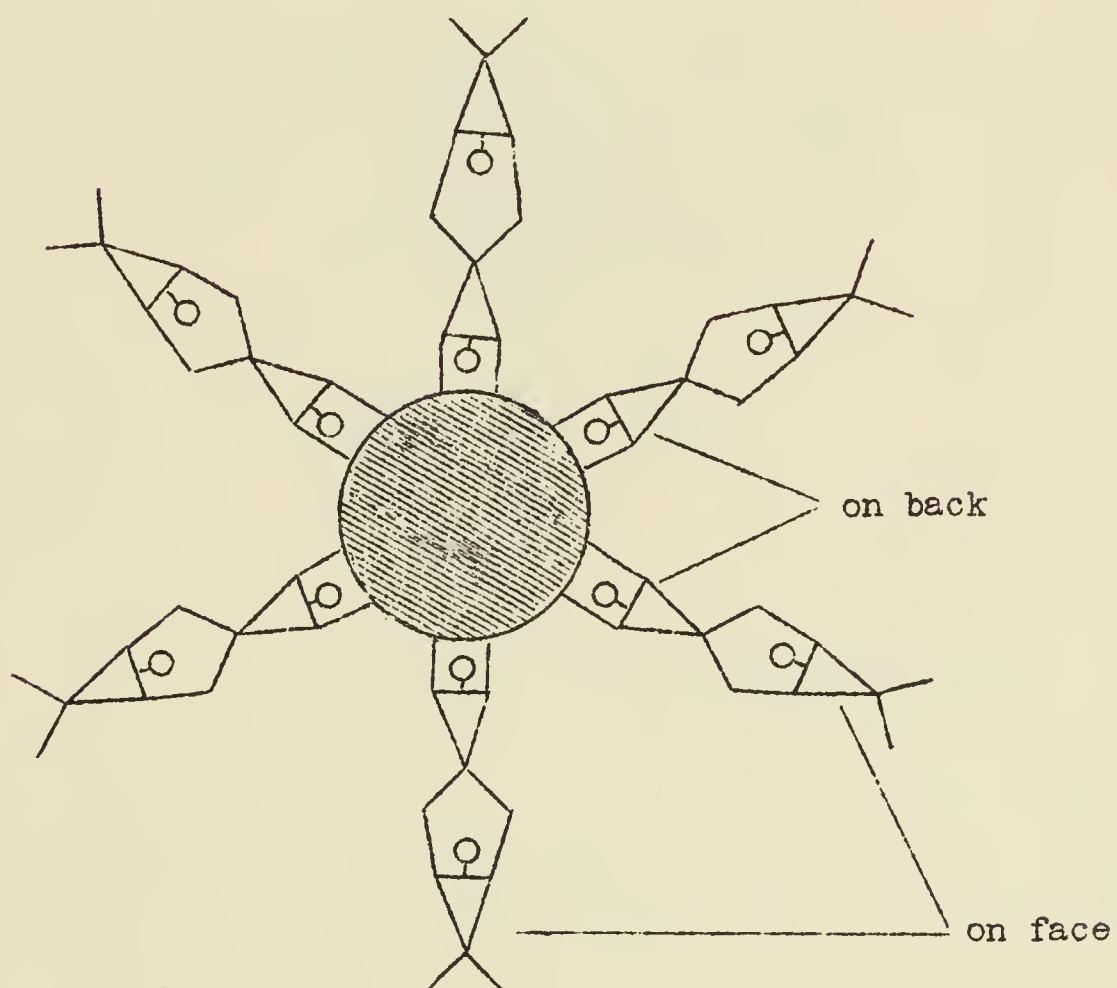
3. On right side, left foot on knee.



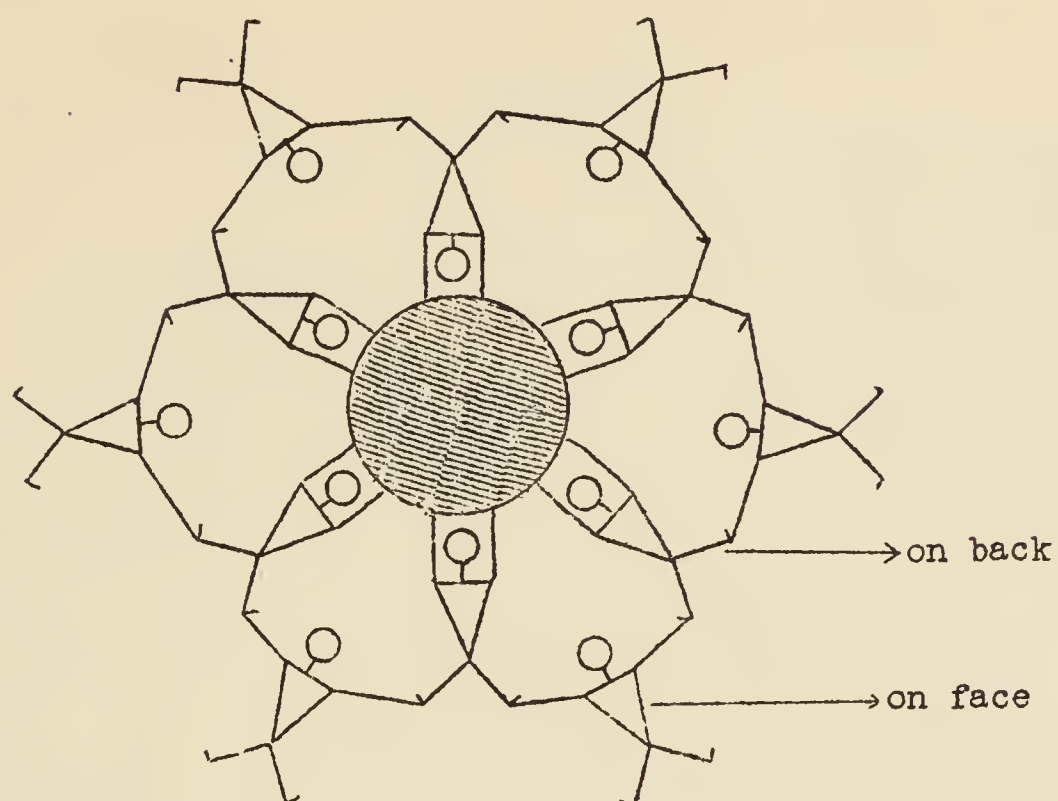
4. On back and face, one girl holding on one leg of one girl.



5. On face and back, one girl holding to both legs of one girl.



6. On face and back, one girl holding one leg of each of two girls.



7. All on back.

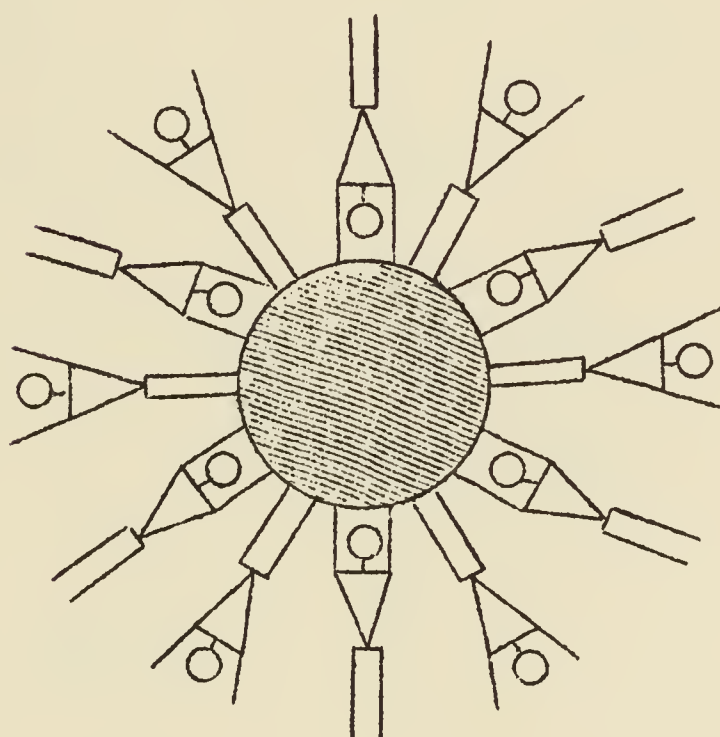
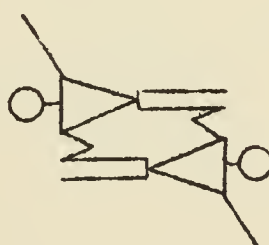


FIGURE SUGGESTIONS FOR FIGURE FLOATING

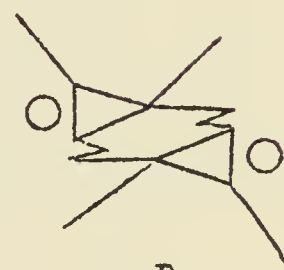
1. Two or more persons.



Fig. 1



A

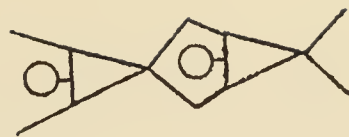


B

Fig. 2



A



B

Fig. 3

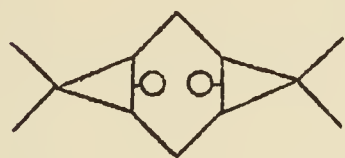


Fig. 4

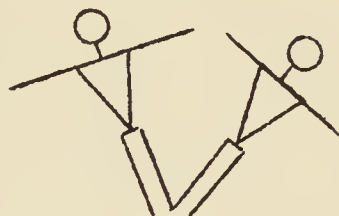


Fig. 5

a. For three people.

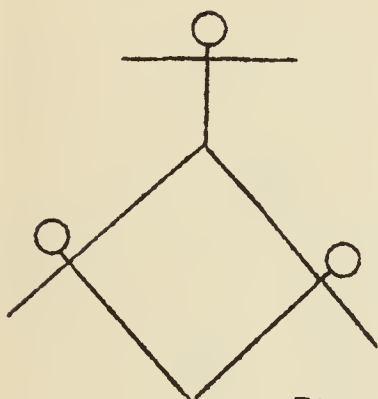


Fig. 1

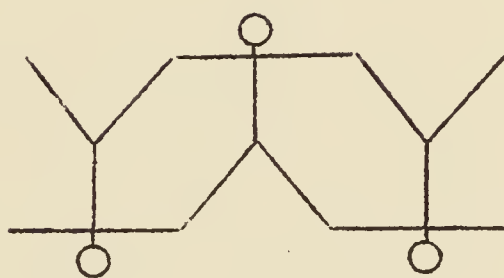
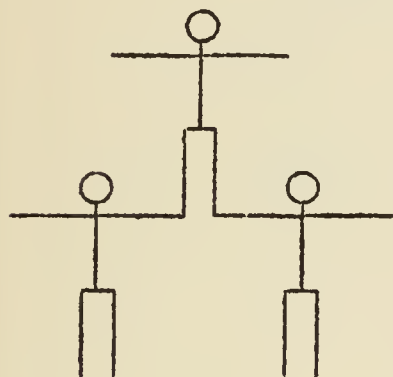
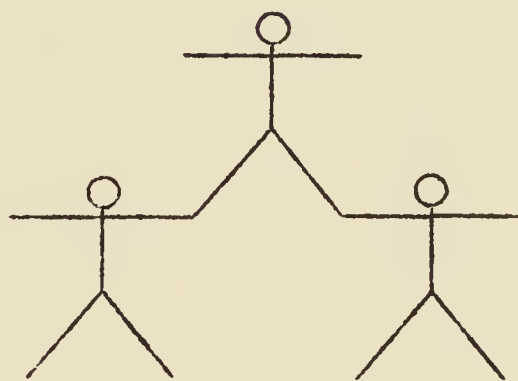


Fig. 4



A



B

Fig. 2

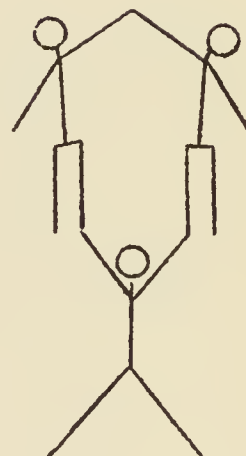
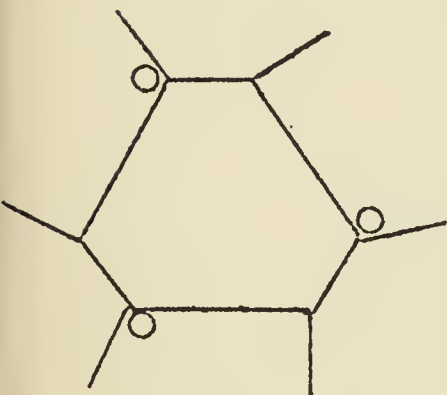
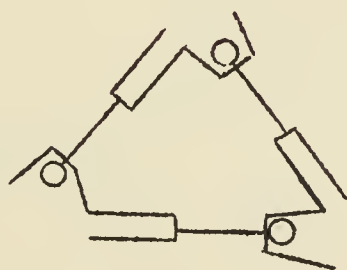


Fig. 5



A



B

Fig. 3

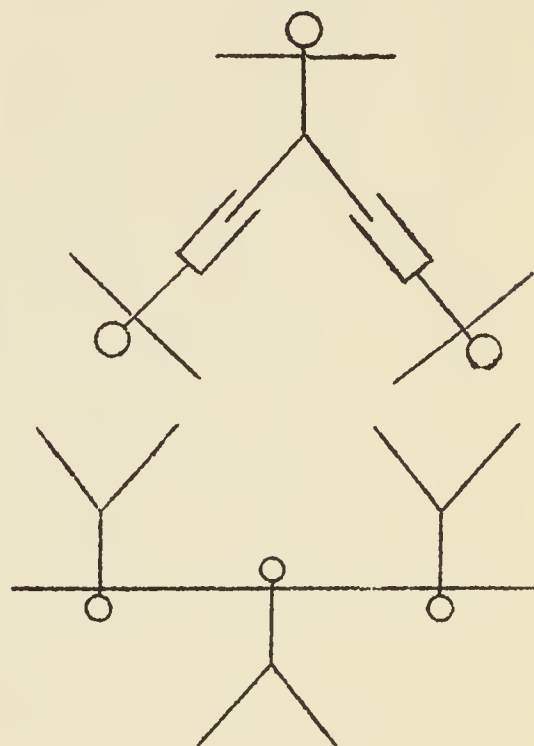
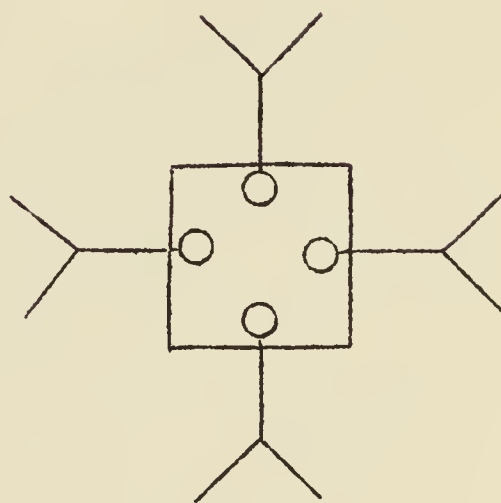
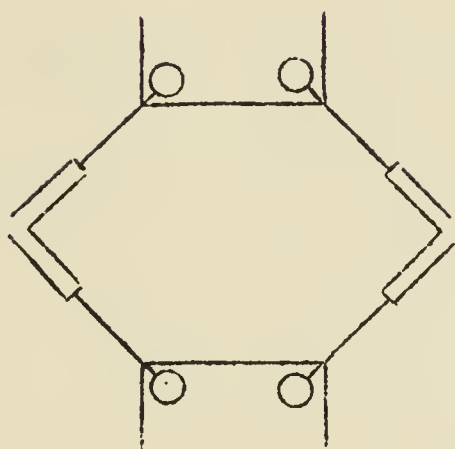
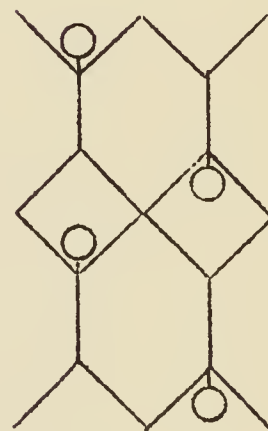
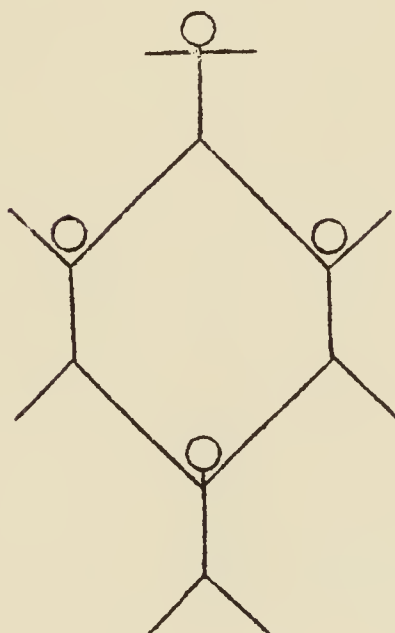
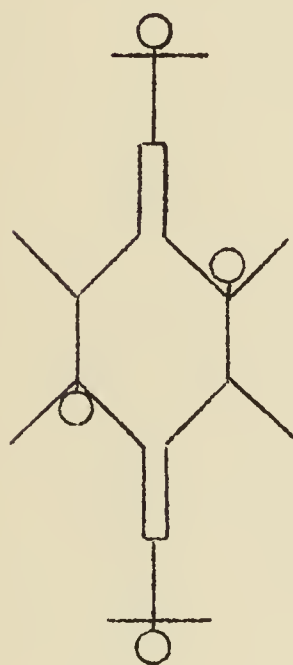
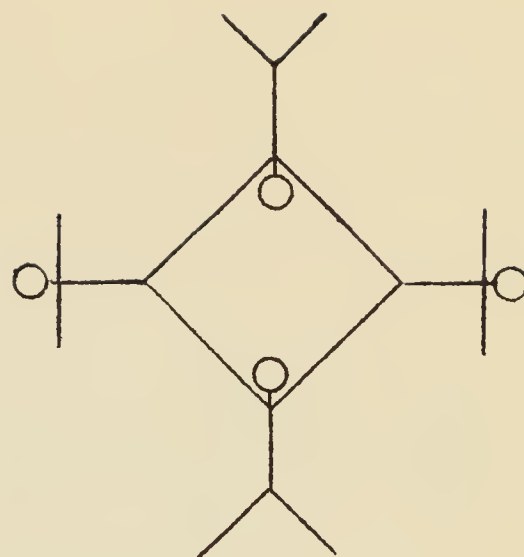
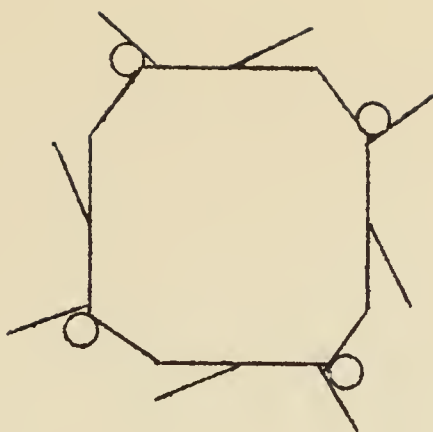
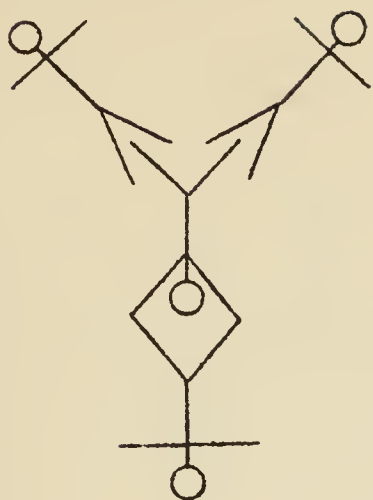


Fig. 6

b. For four people.



c. For five people.

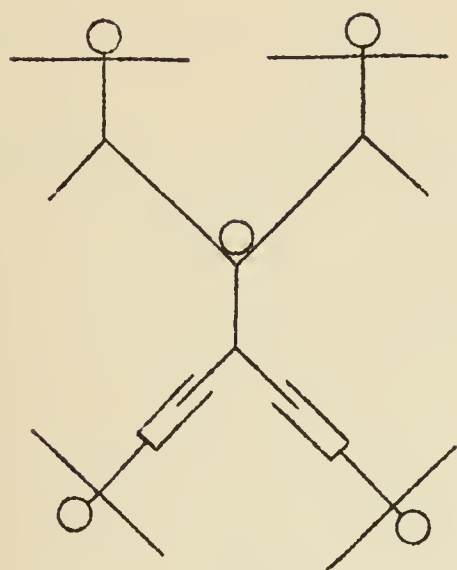


Fig. 1

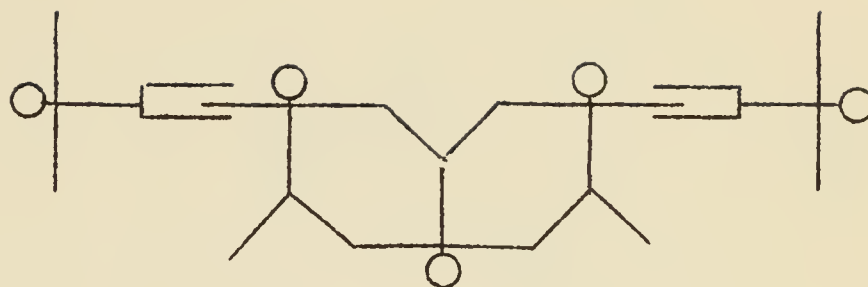


Fig. 3

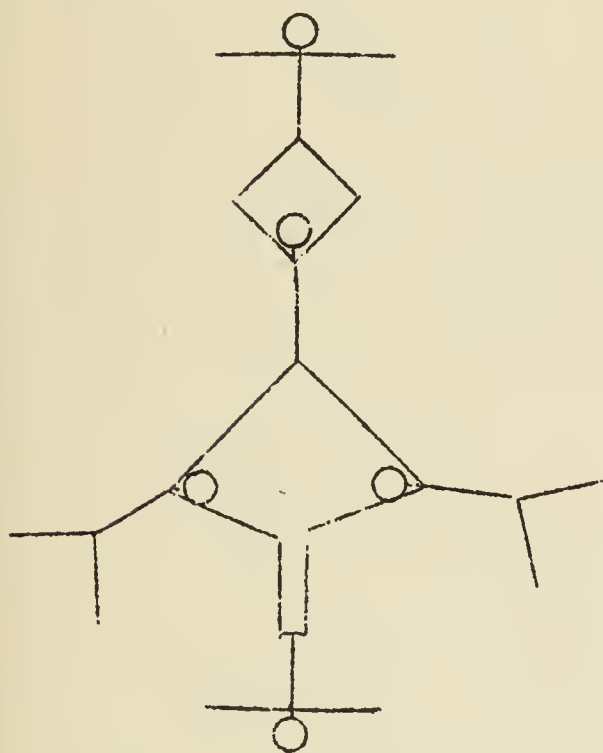


Fig. 2

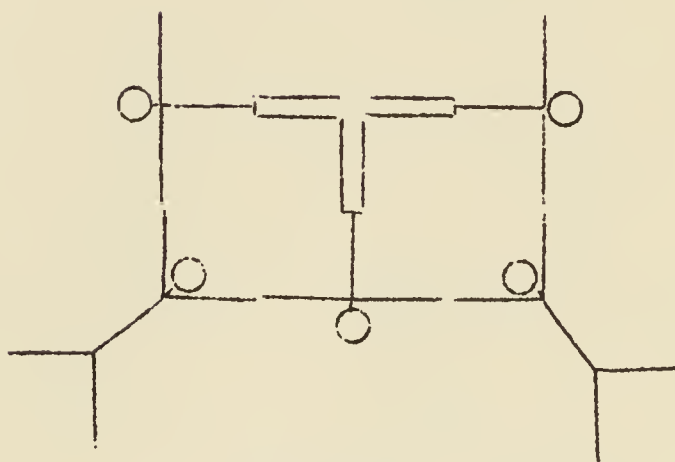


Fig. 4

d. For six people.

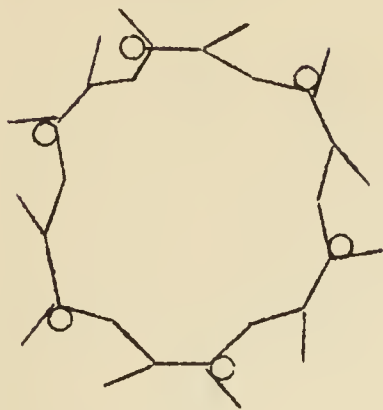


Fig. 1

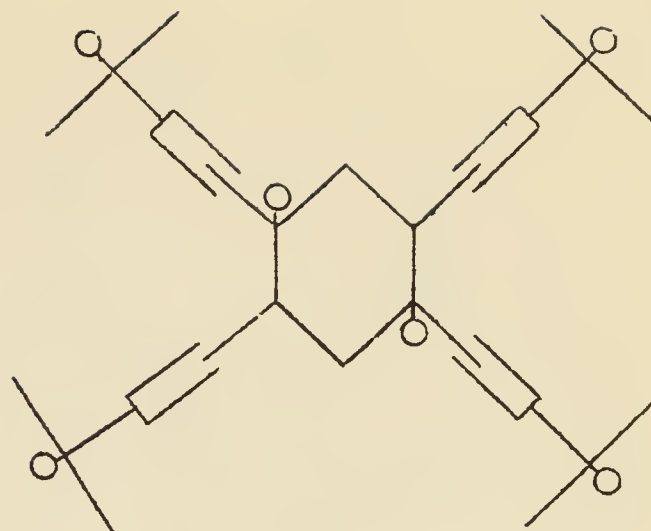


Fig. 2

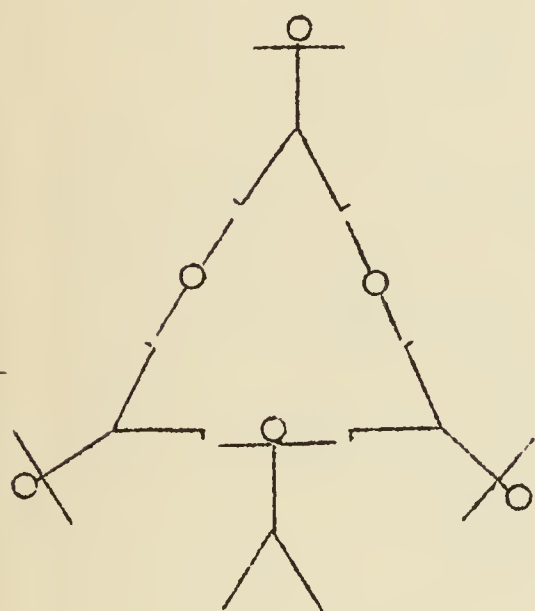


Fig. 5

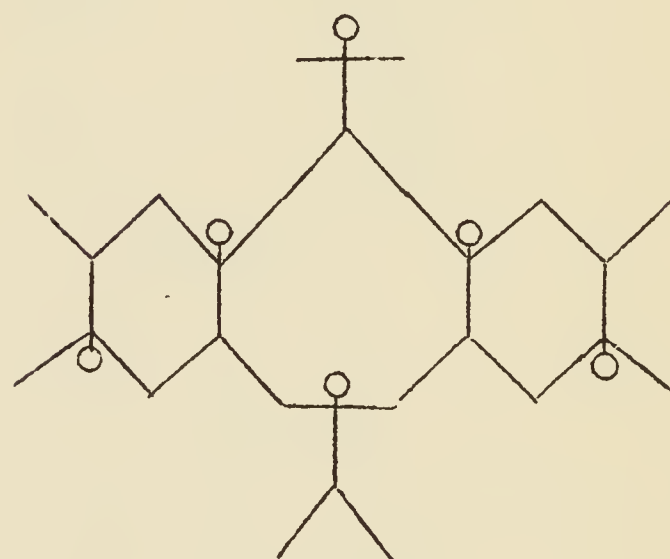


Fig. 3

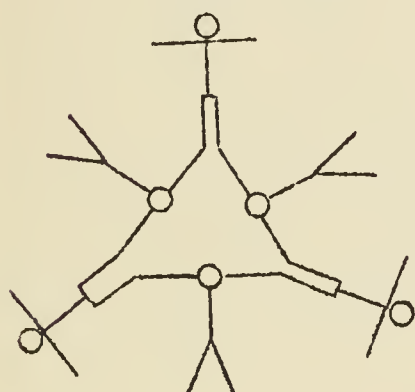


Fig. 6

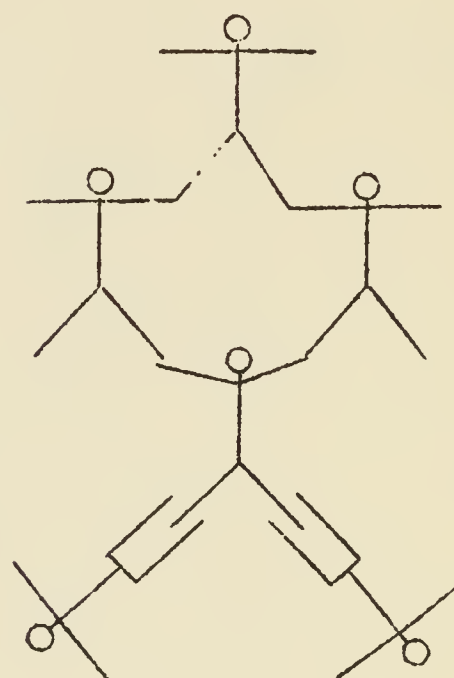


Fig. 4

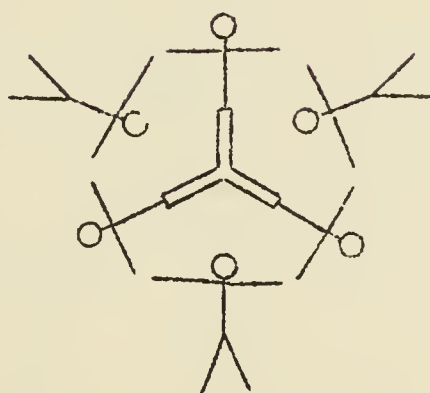


Fig. 7

e. For eight people.

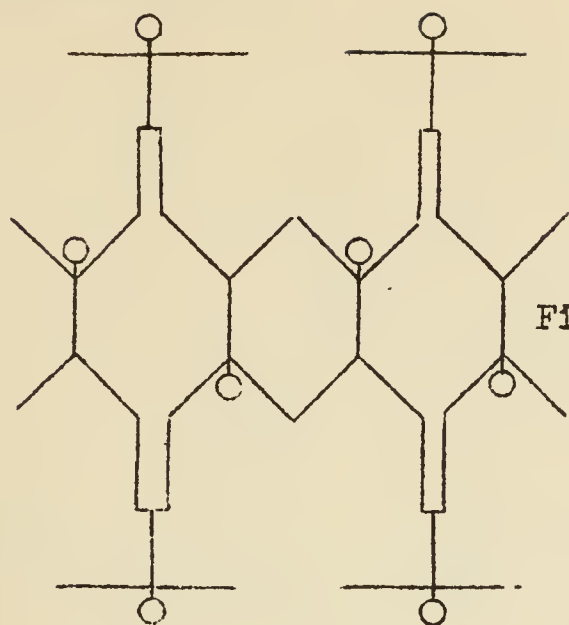


Fig. 1

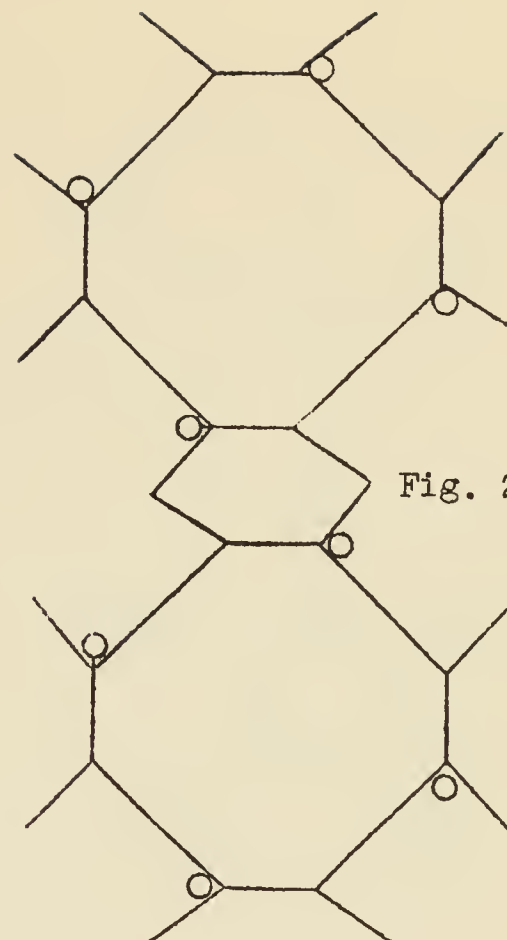


Fig. 2

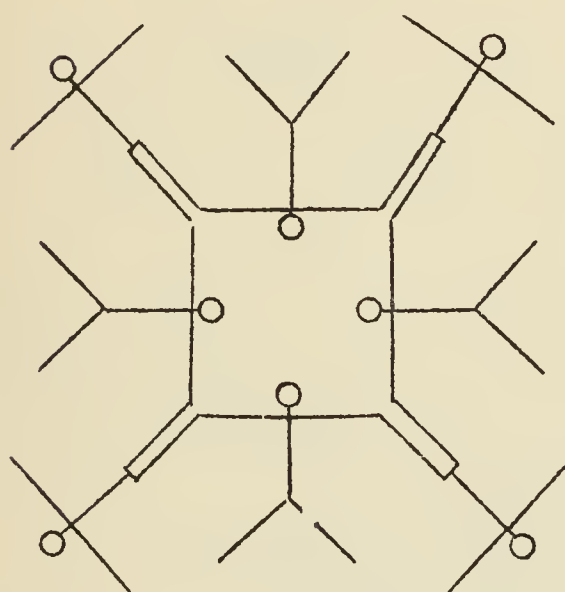


Fig. 3

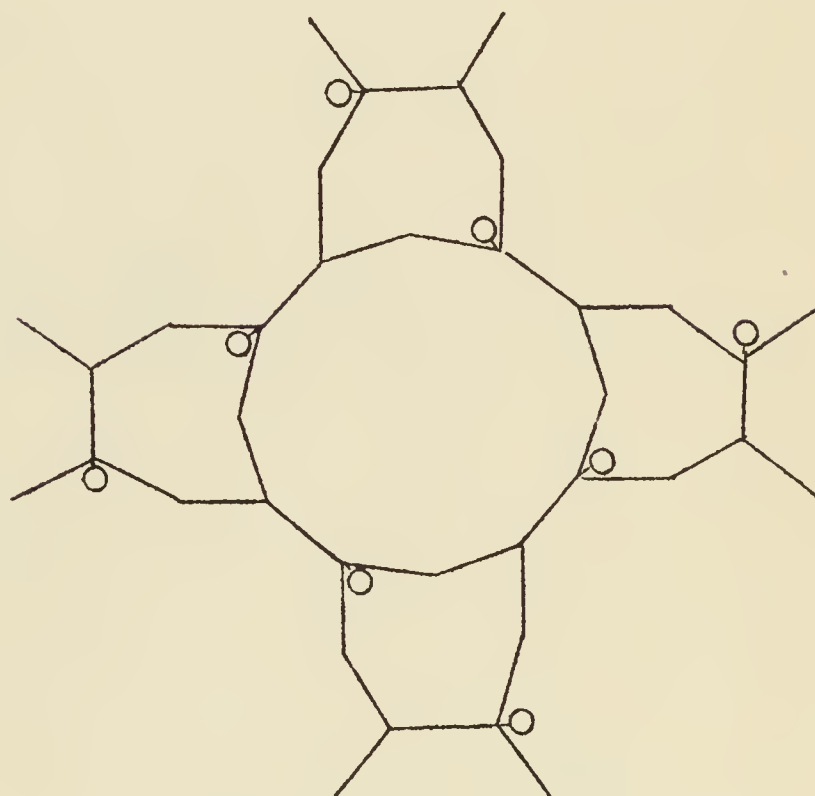


Fig. 4

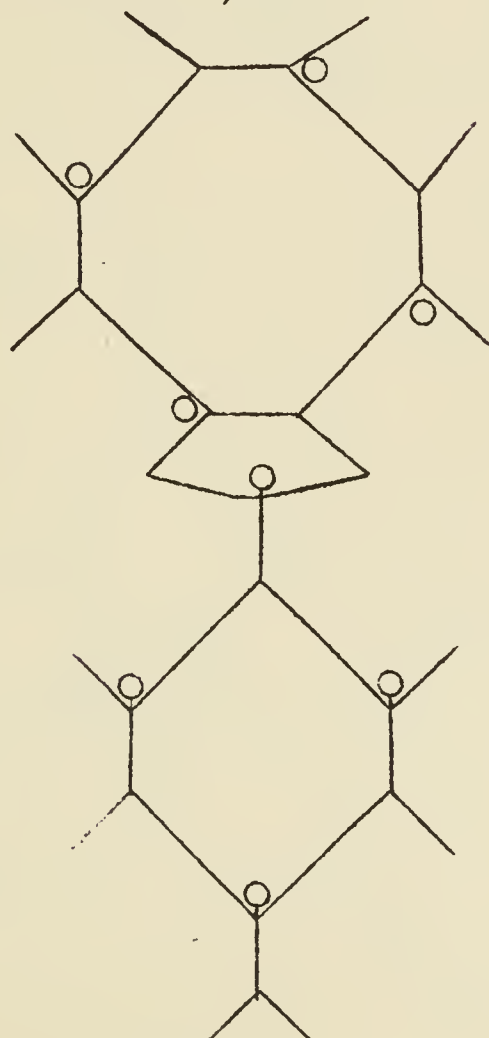


Fig. 5

2. For five persons.

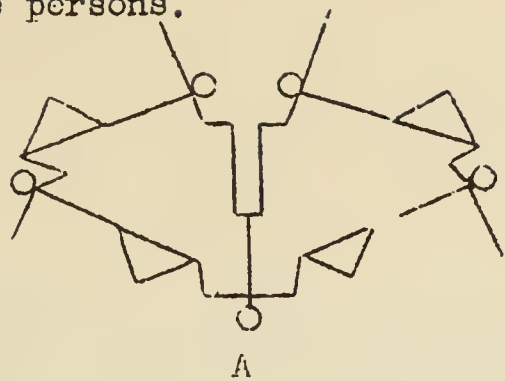


Fig. 1

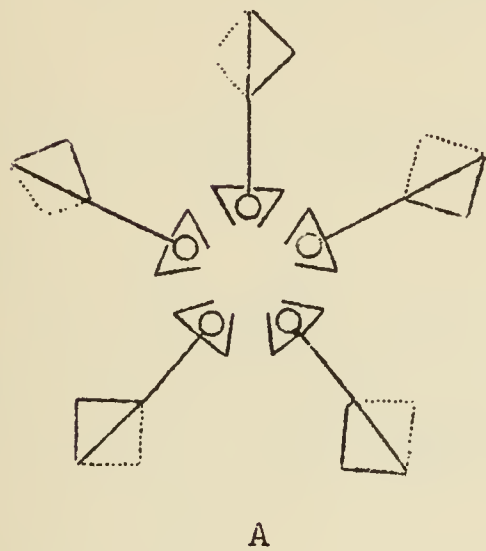
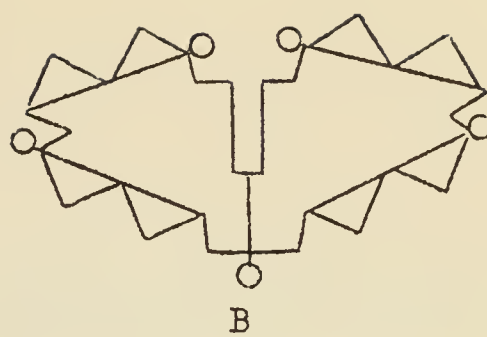
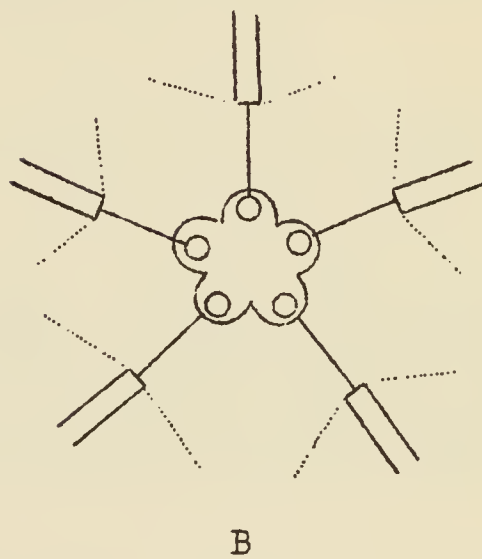


Fig. 2



3. For nine persons.

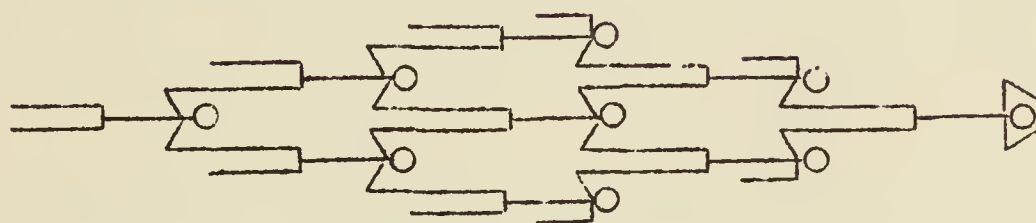


Fig. 1

4. For ten persons.

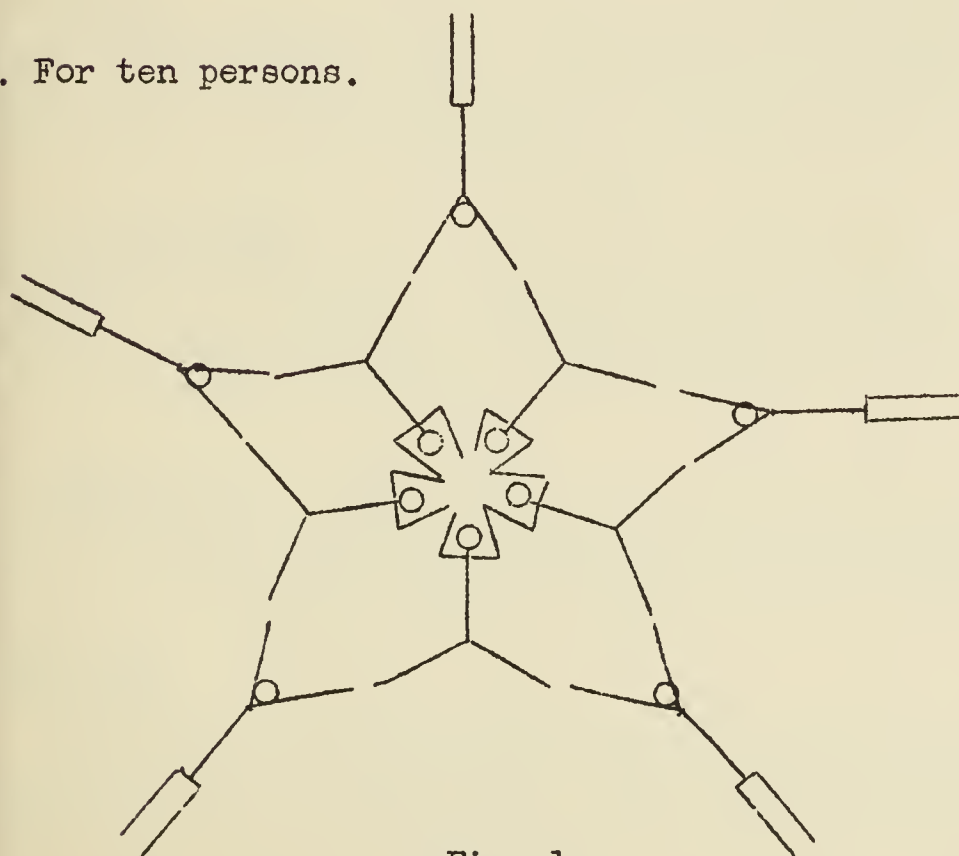


Fig. 1

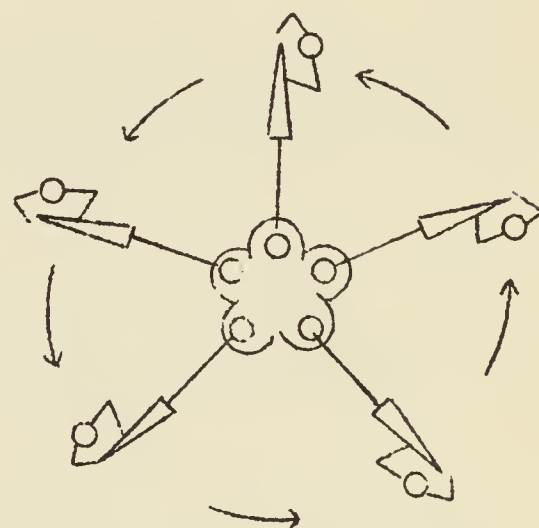


Fig. 2
5 floating
5 propelling

PART IV

RACES AND GAMES

GAMES

Artillery battle.

Two teams line up facing each other. Each team has a ball with which it tries to hit as many opponents as possible. When a player is hit by an opponent's ball, she must drop out. When only one player is left, her team wins.

Ball tag.

"It" hits another player with a thrown ball to "tag" her. No one but "it" is allowed to touch the ball.

Bat ball.

One team is in bat; one is spread over the field with a catcher behind the batter. Batter stands on the end of the board and throws the ball up and bats it with her hand, entering the water and swimming to one of two marked bases. "Runner" is out when hit with thrown ball or held ball, or if hit ball is caught before it touches the water. The swimmers may not swim with the ball in hand. Three out changes the teams.

Beater goes round.

All players except one join hands in a circle. The person who is "IT" swims outside the circle and tags one of the players in the circle. The tagged player must swim around the circle in the opposite direction from that in which "IT" is swimming. Both try to reach the vacant space. The unsuccessful one is "IT" for the next game. The game may be varied by designating a certain stroke.

Bell tag.

The players are blindfolded and are supposed to catch the one who has the bell, but is not blindfolded. He rings the bell often to help the hunters.

Black Tom.

Players line up at one of two goals and "It" stands half way between the two goals calling "Black Tom". All then try to reach the other goal in safety. Those caught help to catch the others. When "It" calls any other color than black, anyone leaving the goal is caught.

Bull-in-the-ring.

Swimmers join hands in a circle with the "bull" in the center. She tries to get out of the circle in any way she can while the rest try to prevent her doing so. If she can break through, the two players between whom she escaped give chase. The one who catches her becomes the next "bull".

Cat and mouse.

Players form a ring with a cat outside and a mouse inside the circle. The cat tries to catch the mouse. Players may help or hinder the cat or mouse as much as they wish. When the mouse is caught, two new animals are chosen.

Catch ball.

Players are numbered in a circle with one in the center with a ball which she throws up and calls the number of one of the players who must try to catch the ball before it hits in the center. This may be varied by using a weighted article to throw which must be caught before it reaches bottom.

Catfish and minnow.

Players join hands in a circle in the shallow water. One player is chosen to be the minnow and another the catfish. The players in the circle raise or lower their hands to protect the minnow from the catfish. When the minnow has been caught two others are chosen.

Circle tag.

Form a circle so that individuals do not touch each other. At the signal, each swims as fast as possible around the circle to the right in an effort to tag the person next in front. When tagged, that person drops out and the survivor wins.

Couple tag.

Group forms twos. One couple is it. The object is to tag another couple without letting partners hands go. If a couple breaks to avoid being tagged, they are automatically it. Only one partner need be tagged. Variation: have one person it. This person tries to link arms with one in a couple thereby causing that person's partner to be it.

Cross tag.

"It" called the name of the player she is going to chase and chases her until caught, or until another player crosses between the two, whereupon it must chase the crosser. When tagged, she becomes "It".

Dares.

The players divided into two sides. Someone in the first group does something and dares the other group. Someone in the other side accepts and tries to do it. If she succeeds, she sets the next stunt, while her side gets a point. If the other side accepts and fails, the opponents score a point, and another member of the same team tries. This is repeated until someone on that side succeeds, the opponents scoring a point for each failure. The same player cannot perform twice on the same stunt.

Dodge ball.

One side forms a circle around the other and attempts to hit them with a ball. When hit, they join the circle until all are hit, at which time the sides change.

Drop the handkerchief.

This game is played like the old game except that the handkerchief must be weighted. The players form a circle about which "It" swims, dropping the handkerchief behind one of the players who must recover it and give chase around the circle to try to catch it before she can succeed in returning to her place in the circle.

Duck chase.

Free one or two live ducks about ten yards from the swimmers, and let them attempt to catch the ducks.

Fancy diving for non-divers.

All form a circle standing in the shallow water. A number of articles are thrown to the bottom of the pool in the center of the circle. At the signal, all try to pick up the articles. The winner is the one who secures the greatest number of articles within the time limit.

Fish and net.

The players are divided into two equal groups, the fish and the net, each group standing on one side of the tank. The players of one group join hands to form a fish net. The players of the other group are the fish. At a signal both groups advance toward each other. The fish attempt to reach the goal at the opposite end,

while the fish net attempts to prevent this by closing in the ends of the net. A fish may not break through the net, but may escape by dodging around the ends. Should the net break, the fish escape. Any fish caught are out of the game until all are caught. The two groups alternate in playing the fish net.

Fish catcher.

Players each choose the name of some fish. The catcher stands midway between two goals and calls the names of a fish. The person with that name tries to reach the other goal without getting caught. When a fish is caught, she becomes the new catcher.

Fisherman.

Half of the players form in circles of three with hands joined, and try to encircle the other single players. When three of these have been caught, they form a circle and try to catch others. The play is continued until everyone is caught.

Float tag.

Several members of the class are appointed "It". To avoid being caught, one must assume a back or face float, sitting or vertical floating position. The last three to be tagged are "It" for the next game.

Follow tag.

Players make a circle with arms joined and legs astride. Two players are out of circle on opposite sides. "It" starts chasing the other player, but must follow any path set by her in trying to tag her. When caught, they choose two to take their place.

Follow the leader.

After choosing a leader, imitate him in all the stunts he chooses.

Fox and geese.

Players line up behind the mother goose, holding to her waist and the waist of the person ahead. The fox tries to catch the last goose in the line, who, when tagged, becomes the fox and the fox heads the line as mother goose, spreading her arms and swerving and swinging.

Good morning.

Players clasp hands in a circle. "It" stands in the center. She taps the clasped hands of any two players and these two part, going around the circle in opposite directions. When they meet they stop, bow and say "Good Morning" and continue around the circle. The first one back in place is the winner and the last one is "It". This game may be varied by skipping, walking, swimming a certain stroke and doing a stunt when they meet.

Johnny over the water.

Players line up on one side of the goal. One person in the center. Players call.

"Johnny over the water,
Johnny over the sea.
Johnny caught a big fish
But he can't catch me."

On the last word, they all run or swim to the opposite side or goal. Johnny tries to catch as many as he can. Those caught are out of the game. The last one caught is Johnny for the new game.

Keep away.

The group is divided into two teams. The object is to pass the ball among the players on one team and keep it away from the other side. This game may be played in deep or shallow water.

Kingfish.

Players sit in a row on pier or edge of the pool with chin on hands, elbows on knees. At a signal all dive in, swim across, climb out and assume same pose. The last one out is eliminated. The one who remains longest is "kingfish".

Leap frog.

Players line up; and, beginning with the last one in line, they place hands on the shoulders of the one in front and straddle vault over each person ahead. They are vaulted over themselves when they reach the head of the line.

Number change.

Players stand in a circle and are numbered in order. One player stands in the circle. She may call any two numbers and the players so indicated must change places while the one in the center tries to procure a place in the circle. If she is successful, the player left stands in the center of the circle and calls the next two numbers.

Overtake tag.

Players swim in circle formation. Each swimmer tries to tag the one in front of her, putting the tagged player out. Tagging continues until there is only one swimmer left. This game may be varied by specifying the stroke and the part of the body to be tagged.

Pass ball.

Players stand in a circle and pass the ball from one to the other in any order they wish, while the person in the center tries to touch it. When she succeeds, the player who last touched the ball changes places with the center person.

Pick-a-back wrestling.

Best managed in water up to shoulders. The wrestler or rider mounts upon the shoulders of the "horse" winds her legs under the armpits of her horse and places her feet on the lower back section of the underneath person. The riders wrestle trying to unhorse the opponent. Only the upper person may grasp, push and pull. When unhorsed, the rider is out of the game.

Pincho.

Players join hands in a single line with "It" in front about five feet. The player at the right end of the line says "pincho" and squeezes the hand of the next player who squeezes the hand of the next player, etc. to the last who calls "O". All break and swim for the goal for safety, with "It" chasing them. All caught help to tag the others. The last one caught is "It" for the next game.

Poison.

Like tag, but the person tagged must hold the left hand where poisoned, while trying to tag a new person.

Pom-pom-pull-away.

Players line up on one of two goals with a player midway between the two. Player in the center calls: "Pom-pom-pull-away, If you don't come, I'll pull you away." All players try to get to the other goal without being caught. All players caught stay in and help to catch the others.

Porpoise tag.

One or two players are chosen as "It". To avoid being tagged, the remaining players must swim under water, porpoise or push off from the side of the pool. Surface swimmers or walkers may be tagged. Underwater is safe. This game may be played in deep or shallow water.

Riding the waves.

The players are in two rows facing each other, hands joined across about waist high. All swing arms in unison up to the right (left) and down, then to the left (right) making a circular motion. One player jumps on the arms and is tossed from one end to the other on her stomach.

Stump the leader.

A leader is chosen and all try to perform the stunts he "leads" until he knows no more when a new leader is chosen. When "stumped", the player drops out.

Stunt tag.

May be played in deep or shallow water. Players are scattered about. "It" calls for various stunts such as lifting one foot out, touching bottom, etc. The person failing to perform is the subject to be tagged.

The jolly miller.

Players, in couples, march in a circle around the miller chanting:

"Oh jolly is the miller
Who lives at the mill.
The wheel goes round
With a right good will.
One hand in the hopper
And the other in the sack.
The right steps forward
And the left steps back.

Following the directions of the chant, the players in the outer circle move forward to get a new partner, and the miller rushes to steal a partner. The extra player becomes the new miller.

Target diving.

Arrange a series of pasteboard targets of any size, and place them at varying distances from the spring board, numbered as to difficulty. Divers attempt to touch targets.

Three deep.

The game is played the same as on land. Players form in a double circle. Two persons on the outside, one chasing the other. To be safe, the one being chased may step in front of any couple. Then the last person in the couple is to be chased. If she is tagged, she becomes the chaser.

Three times 'round goes the gallant ship.

All join hands in a circle in the shallow water chanting:

"Round and round went the gallant ship
Round and round went she.
Three times round went the gallant ship
And sank to the bottom of the sea.

and all duck under when the last line is said.

Touch.

Teams line up on opposite sides of the pool. The object of the game is to touch whatever is named and return to your own side. The team back first scores a point.

Tug of war.

Two teams face each other in shallow water holding a rope. The end man of each team sits on the side of the tank. The object of the tug of war is to pull the end man into the water.

Up-a-daisy.

In circles of three, hands joined, facing the center of the circle. Two swing the third, in a back float position, three times and then shoot her, feet first, over their joined hands, loosening their grip on her as she slides over.

Up in the swing.

Couples facing with hands joined, make a seat for the third to sit on. Swing three times, and then allow the person sitting to dive off forward.

Water baseball.

This game is played on a diamond suitable to the playing space, with an inflated ball struck with the fist.

Water basketball.

May be played with wire paper baskets for baskets if necessary.

Water bound ball--simple form.

Two teams are distributed on opposite sides of a rope stretched three feet above the water. Each team is given several light rubber balls. The players throw the ball into the opponents territory, while they in turn try to catch and return them before they hit the water. A scorekeeper on each side counts the number of balls that hit the water. The period of play may be five minutes. The team that has had the least number of balls land in their territory wins.

Water bound ball.

Definite boundaries are set up in the shallow end for beginners, and in the deep end for advanced swimmers. A rope or net is stretched three feet above the water, dividing the area designated for play in two. Teams are distributed on either side of the net. The object of the game is to throw the ball over the net so that it lands in the water in the opposite territory. A point is scored by the side throwing the ball when it lands in the opponent's territory. The opposing teams try to catch the ball and throw it back before it lands. Fouls--ball hit rope, goes under rope, outside boundaries without being touched by opponents. Foul counts one point for opponents.

Water polo.

See official rules. May be played in shallow water for variation.

White and black.

Two teams of players face each other about ten feet apart. The referee throws a board which is white on one side and black on the other between the two teams. The team possessing the color uppermost pursues the other and absorbs the opposing players which are caught. Each team has a goal toward which it is chased.

Who's who.

A blindfolded player in the center of the circle with hands joined, points to a single player, approaches and tries to identify her. If successful, they change places. If not, the circle moves round, and the blindfolded player again tries to identify a player.

LIFE SAVING EVENTS

Disrobing race.

Contestants all wear the same articles of clothing and swim a given distance, disrobe and swim to the finish line.

Object recovery.

This is like a potato race. Place objects on the bottom at regular intervals and each swimmer must surface dive and recover each object separately, and return to the start with it. Repeat until all objects are recovered.

Rescue race.

Victims in the water, rescuers start at signal, swim to victim, use correct approach and return with any given carry.

RACES

Balloon race.

For use in either deep or shallow water. Either walking or swimming, push a balloon the racing distance without the use of hands. Swim the racing distance, obtain a balloon, and blow it up. The first balloon to break wins.

Blindfolded race.

Race with contestants blindfolded. Safeguard your swimmers!

Bookworm race.

Race with use of legs only, holding open book, turning pages and reading aloud.

Bundle race.

At a point in the race course, place a bundle of clothes for each swimmer, containing the same articles but great variety in style. Contestants swim to the bundle, dress and finish race completely clothed.

Candle or good-night race.

At the start, contestants in night clothes and caps. At a point in the course candles and matches. Contestants swim to candles, light them and carry them lighted to the finish. May be varied by contestants swimming to point to put on the pajamas, nightgowns, etc., light candles and return.

Chain or train race.

Teams stand one behind the other with arms clasped around the waist of person ahead. Race by jumping, running or walking without breaking grip.

Circle pass.

Teams stand in circles, and pass a ball or any article that sinks, from person to person around the circle one or more times. Persons who miss receiving the object must recover it at once and continue the passing.

Cork race.

Throw several hundred small corks in the water. At a signal, the teams attempt to get as many corks as possible in a given time.

Crew race.

Four or more swimmers comprise a team. The last in line swims breast stroke the other swim tandem simple back. The one using breast stroke acts as coxswain, calling the stroke. The same can be done using crawl and back crawl.

Egg and spoon or peanut race.

Carry glass egg or peanut in a tablespoon, the handle of which is held between the contestant's teeth. If egg or peanut is dropped, it must be replaced without touching it with hands and the race is continued.

Fan race.

Swim on back, fanning self, holding fan out of the water.

Find the object relay.

First member of each team swims two lengths of the tank, dropping a weighted object somewhere in her path. The second swimmer recovers the object while swimming one length and drops it on the second length. No swimmer may start until the one preceding her has completed her two lengths. The race is continued until each team member of a team has recovered and released the weight and finished her two lengths of the tank.

Flag race.

Carry flags of colleges, or countries, in one or both hands.

Frog race.

Squat for the start and frog dive into the water, using breast stroke for the race.

Hat race.

Equip contestants with straw hats. They jump in feet first without holding hats on--must submerge--recover hats without use of hands, and swim race with hats on head.

Hoop race.

Contestants dive through hoops suspended over water.

Medley crawl race.

Swim one length front crawl, one length back crawl and one length revolving crawl.

Musical race.

Each contestant sings a given song during the entire race.

Obstacle race.

Swimmers line up, and at given signal, dive into water and swim length of pool going over or through various obstacles placed in the course, such as life buoys, barrels, hoops, turning somersaults over a rope, etc.

Old clothes race.

To swim a short distance, put on a suit of old clothes and swim back in the clothes. Sometimes the clothes for all the swimmers are mixed in one pile and each contestant must find his own. Sometimes the order is reversed, swim in the old clothes, remove them and return in swimming suit.

Over and under relay.

Each team is in a single line. At the starting signal, the last person in each line leap-frogs over the one ahead, dives under the next one, leap-frogs over the next, etc. to the end at which time the next person in line starts. Winner is the team that gets the starter back to position first.

Overhead relay race.

Contestants stand in files in shallow water, arms extended over head. The first person in each file has been given a ball. At the starting signal, she passes the ball to the second person. It is thus passed down the file to the last person, who must swim with it to the head of the file, step in front of the first person and start the ball down the file again over her head. The first file to have their leader back in place wins. There may be many variations of this relay. The ball or any other object, may be passed between the knees, over and under, or to either side, and the contestants returning to the head of the file may run, skip, hop, jump, etc.

Pincho race.

Players on each team are in close formation, hands clasped. At signal, leader squeezes the hand of the next in line and so on down to the last girl who says PINCHO and swims to the head of the line where all is repeated until the original leader is again at the head of her line.

Scoot relay (subway relay).

The teams line up in files, stride position, in shallow water. The first member of each team faces her team-mates, and at the signal, dives between the feet of the second person and all team members push her on through the file. When she stands at the end of the file, the second swimmer starts. When the original leader is at her starting place, the race is won.

Sea serpent race.

Tandem crawl used by the teams competing.

Shuttle race.

Contestants, in pairs, use the plank glide, or stitch, for the race, which must be a short one.

Surf board race.

Using a kick board, race using arms alone, legs alone, or both.

Tandem races.

Any number to the team, using any given stroke, swimming tandem formation.

Three legged race.

Partners race together with inside legs bound together. The inside arms may be bound instead of the legs.

Throw the ball race.

Each contestant stands at the start with a ball or balloon. At the signal, each throws the ball, dives and swims to it, throws it again, and repeats until finishing line is touched by hands and ball.

Tub race.

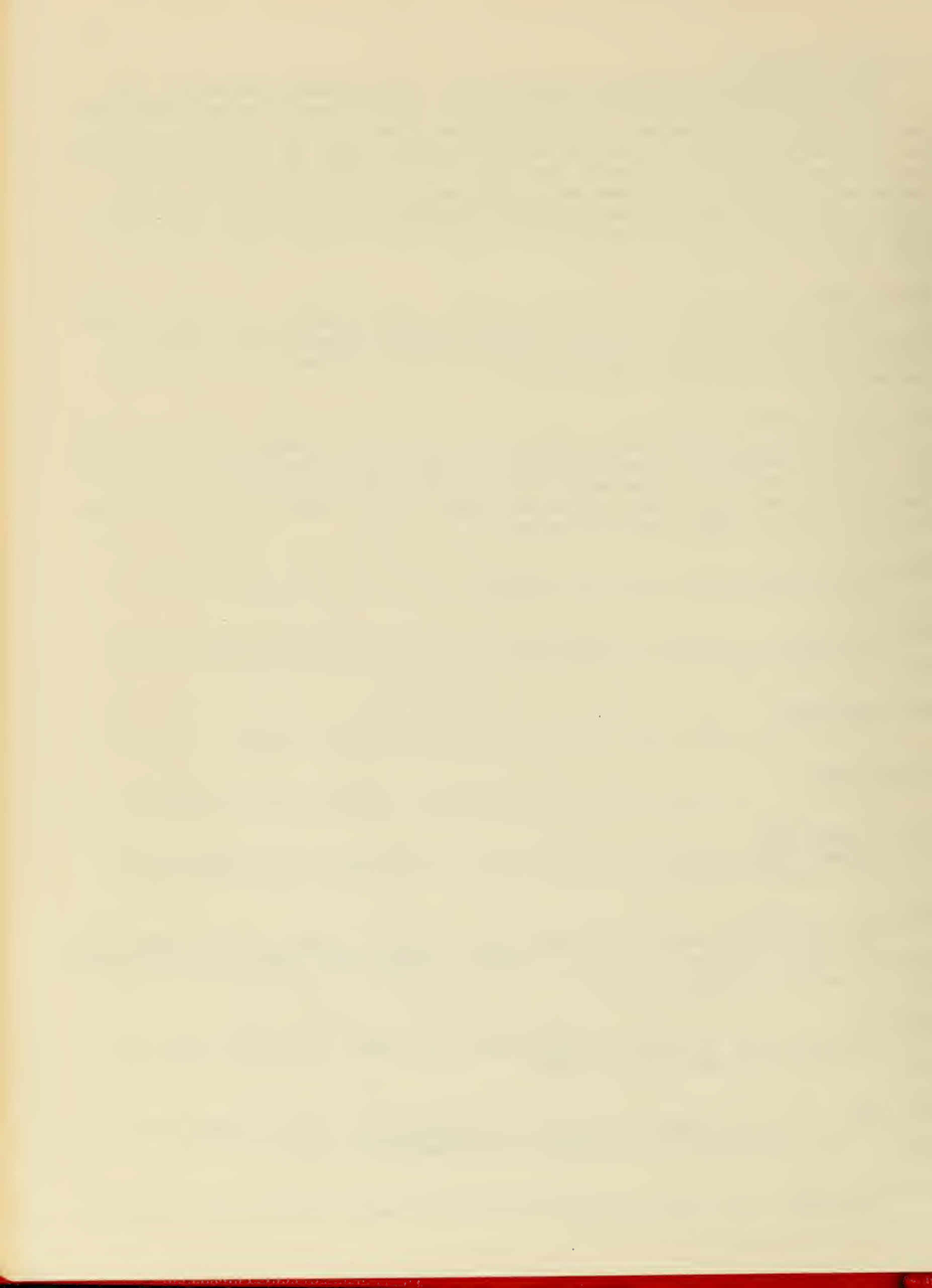
Contestants sit in wooden tubs and paddle with hands. They must finish the race with the tub in some form or shape.

Tube race.

Four to six girls hang on to each inflated inner tube with one arm, and use the other to swim. The more girls hanging on, the funnier the race.

Two faced race.

Contestants wear masks both front and back, and swim lobster stroke, or sculling feet first on back, in the race.



Umbrella race.

Contestants line up in the water with open umbrella, and carry it the distance of the race. May be varied by jumping in with the closed umbrella, opening it and carrying it above the surface the distance of the race.

Water bug race.

Participants in a face float, using crawl kick and pushing the water back with the hands by bringing them up to the side of the body, elbows sticking up out of the water in the back, and then forcing the water back.

Wheel-barrow race (for beginners).

Participants are in pairs, one standing on bottom with her partner lying on her back, facing her, legs spread and extended on either side of her partner, arms stiff, holding shoulders of her partner. At the signal, the one standing, walks or runs across the pool, pushing her partner--at the wall, they change places and No. 1 is pushed in the same fashion on her back to the finish line.

SPECIALTIES FOR CAMP USE

Canoe stunts.

One person in canoe, paddling while standing, either on bottom, seat, or gun-whale of canoe.

Hand paddle race--one person kneeling in bow of canoe and paddling with hands.

Fully clothed, paddle to given mark, capsize canoe, right it and disrobe, placing clothing in the canoe, and swim to starting point.

Two in a canoe. Paddle to a given spot, both dive out without upsetting the canoe, get back into the canoe, change places and paddle back to the finish line.

Teams of two swim out to canoe, climb in and paddle back to starting point.

Four in a canoe, paddling in unison, with or without a coxswain.

Two people in a canoe, paddling while standing on bottom, seat, or gunwhales of the canoe.

Two people in canoe, paddling without lifting paddles from the water (Indian paddling).

Four people on knees in canoe paddling with hands. This is easy to do if shoulders are touching the gunwhales.

Two people in a canoe paddle half of race, one or both get out of the canoe, (specify whether to upset or keep it upright, and whether both get out at the same time or separately) get into canoe and finish race.

Hurry-skurry race.

Fifty yards from the water edge is a line of canoes held in leash, with bows pointing toward the shore. Fifty yards from the water edge on land, the contestants line up in order of the canoes facing them. At the word GO the contestants run to the water edge, swim to their respective canoes and paddle to shore.

Rescue and accident stunt.

While races, etc. are in progress have a good swimmer, dressed as an old lady, stumble and fall into the water and come out in a bathing suit. Or have a fake preacher and spinster, or rube and his sweetheart upset a canoe during love making scene--rough house rescue.

Rescue race.

Victims struggling in water, canoes manned by uniformed crew start at signal and race to rescue victim and return to finish line.

Canoe tag.

One canoe is it, and tries to tag another canoe by throwing a cork ball into it. Three in a boat comprise a crew. Those in the pursued boats must not touch the ball to interfere with its falling into the boat.

Canoe tilting.

Ten foot poles are padded and covered with rubber sheeting or a swimming cap, and sealed with tire tape, since poles are too heavy to handle when they become water soaked. It is unfair to grasp the pole of an enemy or to hit below the belt. The contestant stands in the middle, front or on the gunwhales of the canoe. The paddlers start the canoes toward each other. The object is to push the opponent overboard. The loser is determined by two out of three falls.

Canoe decoration suggestions.

Japanese Float	The Marsh	The Powder Box
Caterpillar	The Aurora	The Circus
Snow Float	The Egyptian	The Butterfly
Wynken, Blynken and Nod	The Grecian	The Toyshop
Elaine, Maid of Astolot	A Pirate Vessel	The Flower Basket
The Birth of Amphitrite	An Italian Fruit Vendor	The Jazz Canoe
Venetian Gondola	The Rainbow	The Ice Canoe
Dutch Boat	The Troubadors	Night
Covered Wagon	The Volga Boatmen	The Hobo's Retreat
Roman Galley	The Swan	Hiawatha
Slice of Watermelon	The Music Box	

Flower bed.

Fill the canoe with huge leaves and gaudy flowers with a bright butterfly perched on the forward part of the canoe.

Japanese.

Place irises in the gunwhales, and hang wisteria from the frame over the canoe. Use Japanese lanterns.

The Rainbow.

Rainbow stretched over canoe with pot of gold at both ends. Drops of silver paper glued to tinsel showering down from the bow.

Swan.

Mount paper swan on a float attached to the front of the canoe, so that it seems to be pulling the canoe which is covered with roses. Or build a framework over the entire canoe to make it resemble a swan.

PART V

COMPLETED WATER PAGEANTS

PROFESSOR BULLFROG'S SCHOOLPlot.

Peter Dobbin, a lazy boy, runs away from school to go fishing in Water Lily Pool. He believes he is going to have a splendid time, but is very disappointed when he finds that the fish will not bite. He thinks this situation is due to the fact that he is whistling until Professor Bullfrog explains the real reason. To Peter's astonishment, he finds that all the inhabitants of Water Lily Pool have lessons as do regular boys. As the pool school day draws to a close, Peter ruefully discards his hook and line, picks up his books, and leaves Water Lily Pool to its happy denizens.

Stage setting.

The pool must be made to look like any pool in a forest. Trunks of trees cut out of brown wrapping paper may be glued to the wall, or strips of paper-cambric may be hung at varying intervals. Green foliage may be in corners of the pool. Rocks around the edge of the pool may be made by covering boxes of irregular shapes with khaki or gray canvas and painted with oil paints to represent moss. Lily pads may be made by covering a life-buoy with oil-cloth and anchoring it in the pool or by weighting a small round-top table in the shallow end of the pool. Imitation arrow-leaf and its blossoms may be made of oil-cloth and galvanized, or heavy stove-pipe wire run through a two by three board which is weighted with a piece of lead pipe and hooks into the trough at the edge of the pool. The spring board might be covered to represent a mossy log. Entrances may be made from any or all sides of the pool, but should be planned to offer variation.

Cast of characters in order of their appearance.

Peter Dobbin	Cat-fish	Water Lily sprites
Professor Bullfrog	Frogs	Lizards
Tadpoles	Flying-fish	Eels
Turtle	Lucky-bugs	Snakes
Lobsters	Swordfish	Water-birds
Crabs	Dragonflies	Coral naiades
Starfish	Seals	Fireflies
Dog-fish	Whale	

Suggestions for costumes.

Peter -- Overalls, straw hat, barefooted with big toe bandaged. Old fishpole and can of bait.

Prof. Bullfrog -- The most effective costume is a green swimming suit, a swallow tailed coat, a papier mache frog's head which can be obtained from almost any favor company. White canvas gloves which have been dyed green are effective on the hands and feet. Green grease paint may be used quite easily on the legs either all over or in spots.

Tadpoles -- Black or dark blue suits with dark caps or hoods made of black oilcloth.

Turtle -- A large oval frame is made of wire or reed, well reinforced with cross pieces. This frame may be covered with oilcloth or unbleached muslin which is then painted to represent a turtle's back and made waterproof. On the underside there should be a "harness" through which the swimmer can slip his arms and swim breast stroke.

- Starfish -- All use the same colored suits and the same bright colored caps.
- Dogfish -- The top man has a mask which covers his head. One is of white oilcloth.
- Catfish -- The other of black oilcloth, made to resemble a cat and dog.
- Frogs -- Green suits, grease paint on the body if desired, caps of green with two large eyes high on forehead. These eyes are made by taking a half of a medium-sized rubber ball, paint it yellow with a black center and fasten to the rubber cap with adhesive tape, coloring the tape green when finished.
- Flying fish -- They wear any kind and all kinds of suits and caps.
- Lucky bugs -- They wear dark suits and caps.
- Swordfish -- Wears a light suit and a cap to which has been fastened a long "sword" of waterproofed material. Buckram over a wire frame painted has been successful.
- Lobsters -- Are in red suits and caps and again grease paint may be used.
- Crabs -- If more elaborate costumes are desired, a head dress and claws may be made of red oilcloth, stretched over wire frames, or long wire feelers covered with red material may be fastened with adhesive tape to a red rubber cap.
- Dragon flies -- May wear dark suits to which bright patches have been sewed, or they may wear any bright suits.
- Seals -- Are in black suits and caps, or headdresses made like a hood the shape of a seal's head.
- Whale -- Cover a frame made like that for the turtle, using grey cambric and waterproofing.
- Lizards -- Dark suits. Each team using a different color cap.
- Water birds -- Any color suit. Use a headdress made in the shape of any water bird. These can be made of heavy cardboard, painted and shellacked. The birds are double, being fastened together on the top edges, and being worn in such a way that the bottom of the bird rests on the water and the swimmer sees out of the front.
- Eels, Snakes -- Green or dark suits and the same color caps.
- Water Lily sprites -- All in green suits and yellow caps. Half have a single white oilcloth petal at least two feet long and proportionately wide sewed at neck of front of suit with broad end at neck. Other half have a collar of at least five petals which curve up over top of head. These petals must be wired. There must be arches covered with real or artificial foliage.
- Coral naiades -- Red suits and caps, and grease paint if desired.

2. 3. 4

Suggestions for action.

Peter Dobbin walks out onto the board with a pole, books and can of bait. He starts fishing. Another swimmer, hidden from the spectators, fastens several ludicrous articles to the line. (Opportunity for comedy.) Peter blames his inability to catch anything to his whistling. At this moment, old Professor Bullfrog appears and rings a bell, or blows a whistle or a conch shell to call his school to order.

The TADPOLES have a dancing lesson. Music - Victor record, From Cape Cod to Frisco.
(Eight people used)

Entrance: Two single lines of four, hands on hips of person in front, enter from opposite sides using a bobbing or jumping step. Meet and join hands in a single circle.

Figure 1: Eight bobs left, eight bobs right, ending in original formation of two lines of four facing center about eight feet apart.

Figure 2: Lines bob forward toward each other four bobs, submerging on the fourth bob. Repeat back to place.

Figure 3: First couple join hands and take four bobs or sidestrokes up the center, and four back to place. Each couple does the same.

Figure 4: Repeat the second figure.

Figure 5: First person in each line faces outward and leads his group in a small circle using twelve bobs, and returning to original place.

Figure 6: Face in couples for "grand right and left" and take sixteen bobs around.

Figure 7: Exit--Diagonally across the stage using dogpaddle, breast-stroke or bobbing step.

A TURTLE floats in. No music or leading necessary. The turtle swims slowly the length of the pool.

The LOBSTERS and CRABS arrive. No music or directing necessary. One or many of each, depending on how many can do the stunts. Crabs swim breast stroke backward and sideward. Lobsters scull toward feet on face either the width or the length of the pool.

The STARFISH cut some floating figures. Directed by leader on land or in the water with a whistle.

One or more groups of five. If it is difficult to use the back float, use race float. Use the deep or the shallow water. This is particularly adaptable to non-swimmers who can use shallow water.

Entrance: One walk and pull four others who are lying on stomachs and holding to her waist with two hands, arms extended. Form circle, facing center holding hands.

Figure 1: Count one - all float with legs together and hands joined in center.
Count two - stand without changing hands.

Figure 2: Count one - same as figure one.
Count two - spread legs.
Count three - close legs.
Count four - stand.

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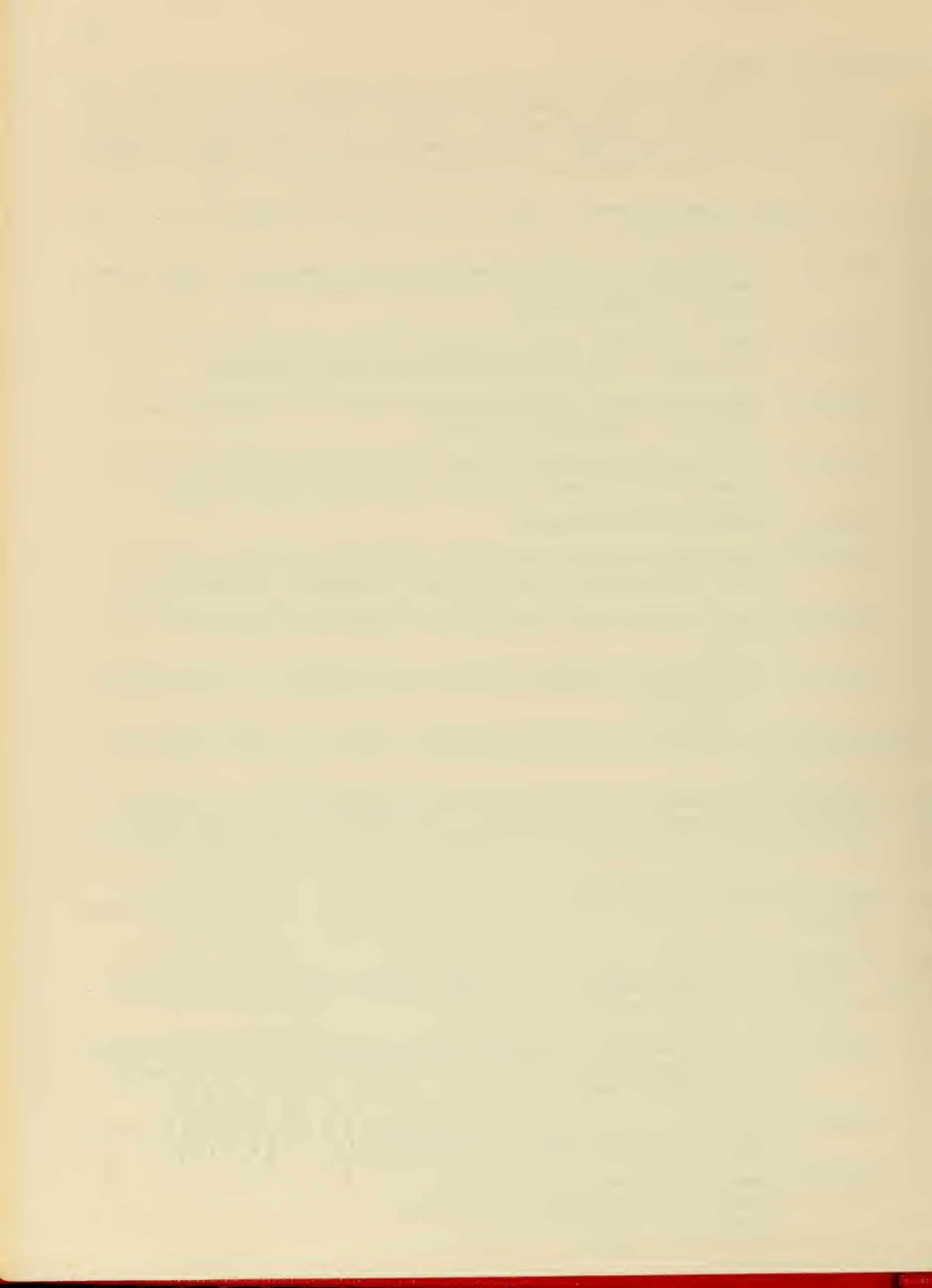


Figure 3: Count one - the same as figure 2.
 Count two - spread arms and legs.
 Count three - close arms and legs.
 Count four - stand.

Figure 4: If two groups of five - Join groups, one facing center all holding hands in center with arms stretched forward, and other group face center but stand between the members of the inner circle.

Count one - Inner circle floats with legs spread. Each member of the outer group grasps one ankle of two adjoining girls to form a wheel.

Count two - Outer group moves around circle turning the wheel.

Count three - Movement ceases.

Count four - Inner circle stands.

If one group of five -

Count one - All form as in entrance with one in center, rest holding to her waist, floating with legs extended and together, arms extended.

Count two - Four floating kick their legs as in the crawl, thrash, making a "fountain".

Exit: As entrance.

The DOGFISH and CATFISH wrestle. One or many of each. Need no music nor direction. This is a 'Pick-a-Back' wrestle. Each pair represents a single fish with the person on top wearing the mask or hood.

The FROGS practice their everlasting swimming. These may vary in number. In all their formations, use any swimming movement which utilizes the frog kick. Directed from water.

Entrance: Hop to edge and frog-dive into water. Half on each side of the pool.

1st Unit: Swim back with frog kick to place at wall.

2nd Unit: Swim across pool on chest using only legs with frog kick, passing others at center of pool.

3rd Unit: Return to other side of pool in pairs using head-carry.

4th Unit: Cross pool in pairs using Tired Swimmer Carry.

5th Unit: Swim to shallow end, one or two pairs at a time, using the following:

- a. Tandem breast stroke.
- b. Tandem simple back stroke.
- c. Tandem simple back stroke and breast stroke combined.
- d. Shadow swimming.

6th Unit: In shallow water, in pairs -

- a. Monkey roll.
- b. Double flip

Exit: Leap frog.

The FLYING-FISH dive. These are the divers. The program depends on their ability. Going from the simple to the complex, any of the following may be used:

Jump in feet first.
 Boston splash - land sitting, 'tailor-fashion'.
 Jump with a twist or turn.
 Rocking-chair dive - sitting on end of board.
 Kneeling dives - one knee and two knees.
 Standing front dive.
 Running front dive.
 All standard dives.

Cannon-ball - A front dive with a tuck between the end of the board and the water.

Lover's Leap - Jump from end of board in embrace and come up still in embrace.

Neck-roll - Lying on back on board with head over end, do a shoulder stand and then roll in feet first, with arms over head.

Double dives - (a) One girl prepares for a neck roll, the other girl places feet of first girl in pit of her stomach and grasps her hands. Second girl does a front dive, pulling under girl over into a neck roll.

(b) One girl sits or stands on other girl's shoulders and both do a front dive at same time.

(c) One girl does a hand-stand at end of board. Second girl grasps her ankles, standing very close to her and does a front dive, pulling other girl over so that she enters the water feet first.

(d) Chain dive. One girl stands at the end of the board. Other stands close behind her and grasps her ankles as both do a front dive.

Old man dive.

Sailor dive.

Cartwheel.

Side dive.

Forward roll - Diver squats or end of board, grasps own ankles and rolls in.

Frog-Diver - Enters with legs spread in frog fashion.

FINALE - A movie dive. Many divers, all running front dive from board as fast as one can follow the other, the first entering the water to the right of the board, the second to the center, the third to the left, the fourth to the center, etc.

The LUCKY-BUGS whirl and float. (any number) This is a group who do somersaults. Direction from the side or the water.

First - Jump in and come up in a jelly-fish float. Hold as long as possible.

Second - Spinning tub.

Third - Forward somersaults with a tuck.

Fourth - Backward somersaults with a tuck.

Fifth - Get partners for:

(a) With hands joined, facing each other, both do a front somersault at same time. Then, in same position both do a back somersault.

(b) With hands joined, back to back, both do a back somersault. In same position, both do a front somersault.

If all are not working at the same time, rest may hang at edge of pool all doubled up, or squat in the shallow water with only the heads out of the water.

A SWORD-FISH dashes in. Swims the length under water, if possible. If not, then scull on face the length of the tank.

The DRAGON-FLIES hover on the surface of the water. (Two or more depending on how many are able to do the stunts.)

First figure: Partners scull forward from side of pool on back, toward feet to meet partner in center of pool. Meet and spread legs, each grasping others ankles for diamond floating. Push away from each other snapping legs together, and scull back to wall.

Second figure: Scull forward as in 1, until side by side (left sides) with legs together, each grasping others left ankle with left hand. Simultaneously both spread legs and extend arms. Then snap arms and legs back to place. This movement turns the figure around in four moves.

Third figure: Plank float.

Exit: Sculling in tandem.

The SEALS dive and swim (any number). Direction from the water. All seals dive from edge of pool and scull on face toward head.

Porpoise dive and Dolphin (back somersault without a tuck).

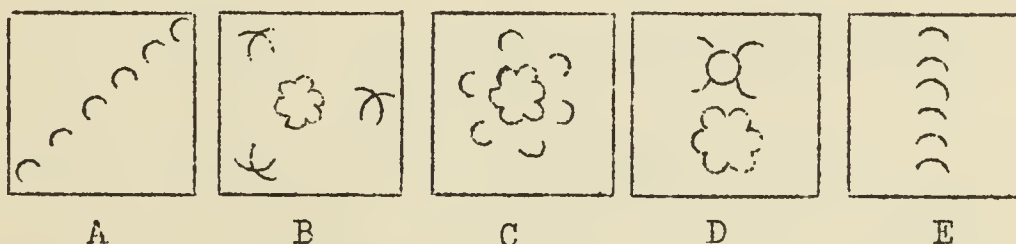
Wheel - A dolphin done by three performers with feet in armpits of co-workers in order to make a complete circle or wheel.

A WHALE arrives late as most big folk are apt to do. Swims slowly across stage on back spouting water into the air.

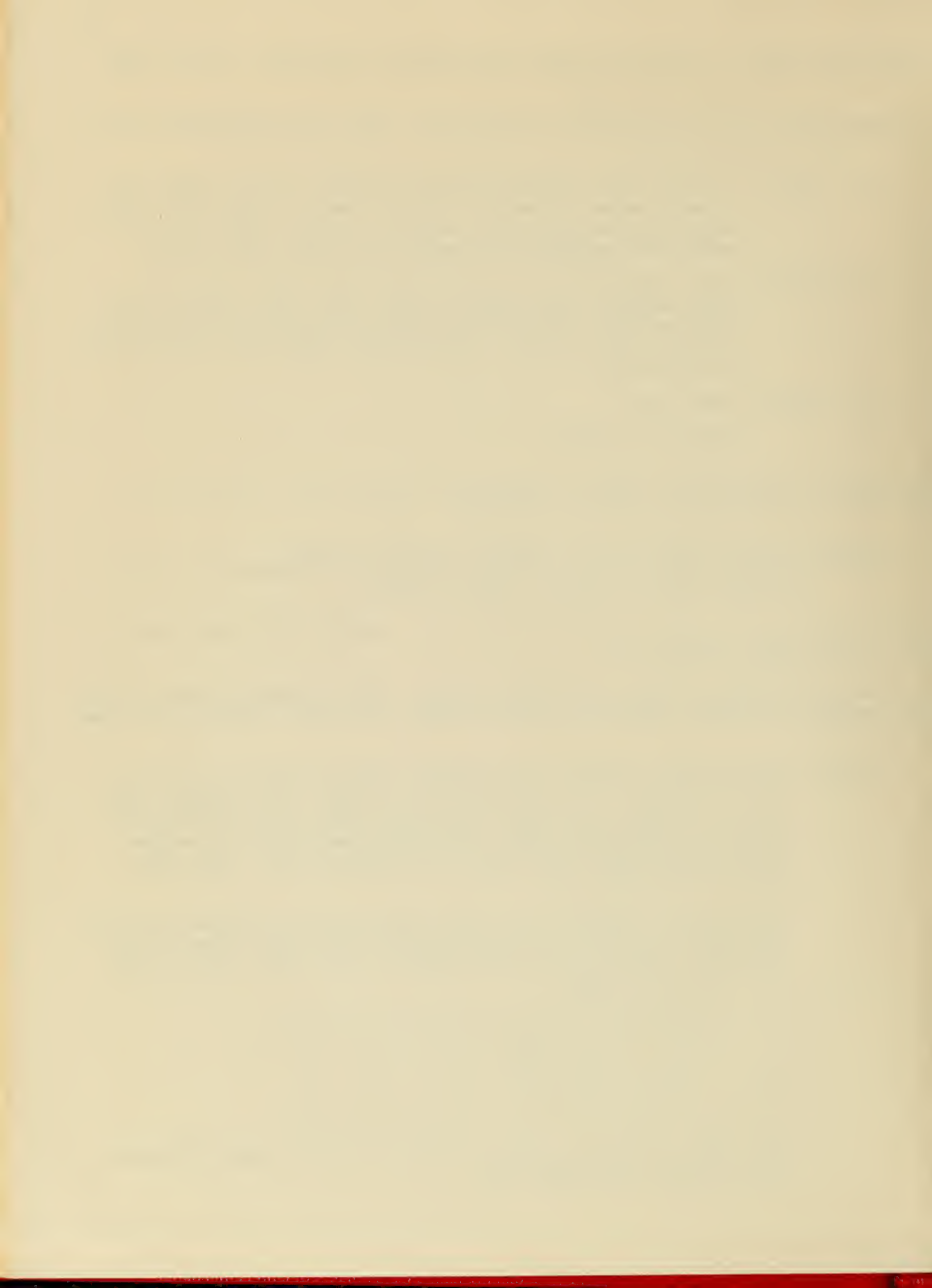
The WATER-LILY SPRITES perform their rhythmic play. Eight swimmers to carry arches. Seven swimmers for petals. Direction given by Queen of the Water Lilies on the edge of the pool.

Entrance: Three arches carried by six swimmers enter the pool at one corner of the deep end. Three arches carried by six other swimmers enter the pool diagonally across. Swim side stroke or breast stroke to center so that arches form a series from one corner to the other. Three petals follow the arches at the shallow end. Four petals follow at the deep end.

These wind in and out to the center where they tread water, back to back and at a signal raise their petals up to form a single flower while the arches break to form Figure B, the center arches moving out over the end ones.



The petals continue to hold this flower formation while the arches form a circle around them (C).



At a signal the petals swim out through the arches to the shallow end where they form another flower with their heads just above the surface to form the yellow center of the blossom, while the arches form a wheel and move around (D).

Hold the flower until the arches form a tunnel (E) from the shallow to the deep end, when, at a signal, petals swim or scull under the arches to deep end and exit. After last petal has gone through first arch, arch exits to shallow end. Second arch the same, etc.

The LIZARDS race. Professor Bullfrog starts the race between two teams swimming crawl in unison with feet in armpits of person behind. Three or four should make up each team.

The EELS and SNAKES take their slenderizing exercises (any number who can do the stunts). Direction from the water. Log rolling, some swim with hands tied, some with feet tied, and some with both tied.

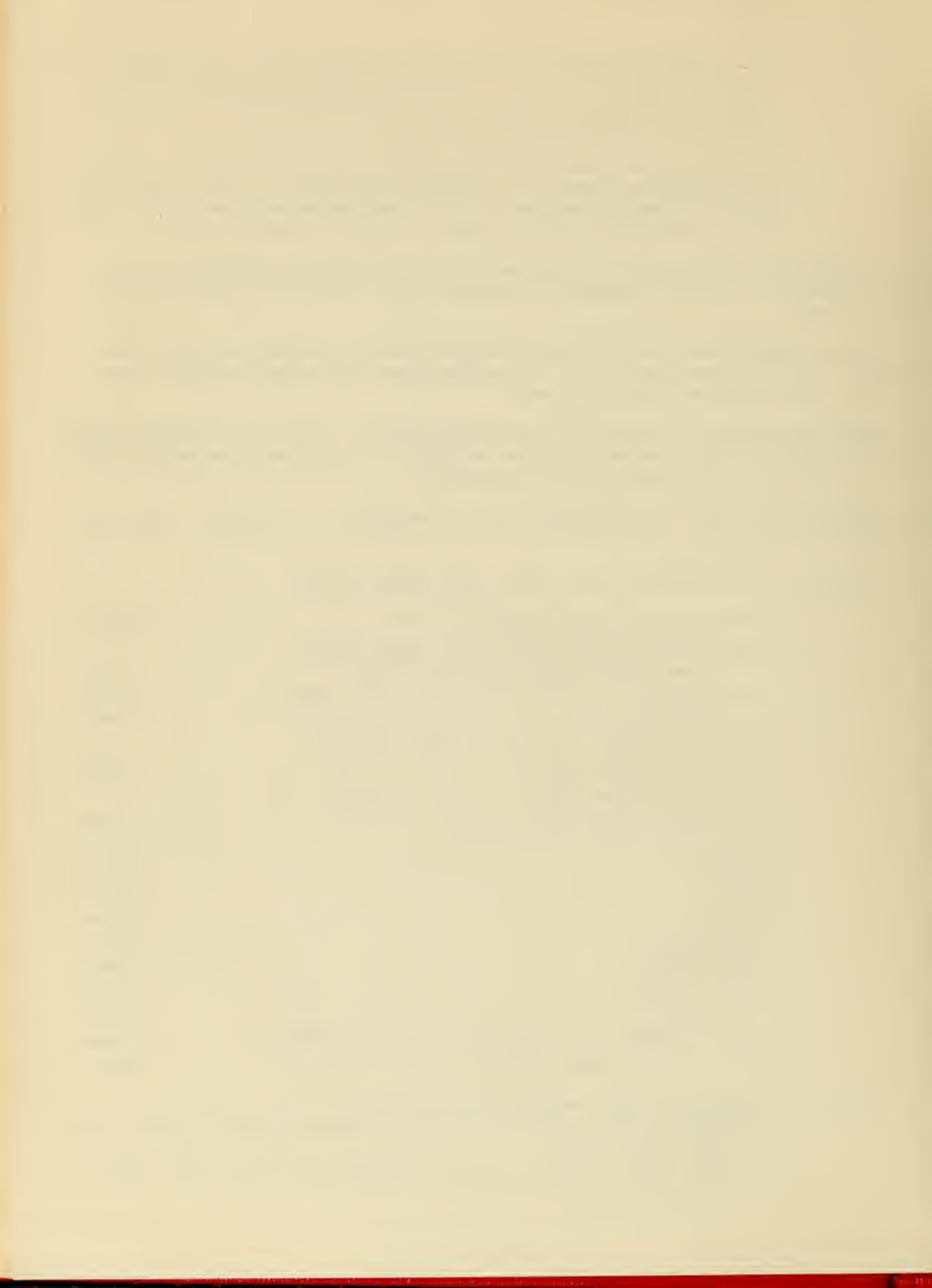
The WATER BIRDS parade. (As many as have head dresses.) Any line of ordinary march will do. May be done in the shallow water walking or in deep water swimming breast stroke. There is an opportunity here for comedy.

The CORAL NAIADES waltz. The movements must be memorized to the music. (Any waltz will do.)

Entrance: All swimming on left side, right hands joined.

Sixteen side strokes (forming circle)	16 meas.
Tread water moving to the right, hands joined, facing center, right about face, and	8 meas.
Tread water, moving to the right, hands joined, facing out	8 meas.
Four side strokes away from center, partners outside hands joined	4 meas.
Four side strokes toward center, partners inside hands joined	4 meas.
Tread water out to large circle	4 meas.
Porpoise	8 meas.
Tread	4 meas.
Porpoise	8 meas.
Scull on back	4 meas.
Back dolphin	8 meas.
Scull on back	4 meas.
Back dolphin	8 meas.
Scull on back, out to large circle and around	8 meas.
Scull on face around circle	8 meas.

Exit: Combination front and back crawl to exit.
 (a) Front crawl - begin with right arm (outside) right, left, right, and turn on left.
 (b) Back crawl - begin with right (inside) arm right, left, right, and turn on left.



During all this action Peter and Professor Bullfrog have carried on their own pantomime.

As Peter Dobbin picks up his pole to leave the pool, the FIREFLIES appear. These should be your swimmers of greatest endurance, for the finale or the march might be broken with one group in the shallow and another in the deep end. Each performer carries a small Japanese lantern, candles or 'sparkler' and the performance closes with a grand march and the forming of the initials of the school staging the pageant.

A WET CHRISTMAS EVE - A swimming pageant suitable for indoor production.

Plot.

Wee Jane dozes as she waits for Santa Claus on Christmas eve and sees many strange gifts.

A CERISTMAS SPLASH PARTY

'Tis the night before Christmas, and wee sleepy Jane
Is watching for Santa whose rear name is Claus;
She nods and she blinks at the frost covered pane
As it turns to a lake 'gainst all reason and laws.
On it's surface there floats a vision quite nice
A fine bunch of cicles of the genus called ice.

Then quick as a wink there drops from nowhere
Toy after toy. Plunk! Into the mer.
First some monkeys on a stick,
Crazy creatures full of Nick!
Then some candy, long and thin,
Peppermint! It makes her gain.

And what is this? A tub for dolly,
And jumping-jacks, or clowns, by golly!
They hand-stand, head-stand, whirl and dive;
You almost think they are alive.

And an old bullfrog or I'm a hick
And a Jack-Jump-Over-The-Candle-Stick.
Boom ta-ra! Boom rat-tat!
Wooden soldiers, thin and fat.

And what is this? A train or chain?
It dives and wriggles and is gone again.
A jack-knife, open - no, shut! Run! Run!
A cannon-ball from some big gun!

And now a fan from cherry-blossom land;
A football! Kick it! My, that was grand.
Hello! Foxy Grandpa! My, but you are droll!
What a cute roly-poly! What a breakneck roll!

An airplane! I swan! And an Indian maid,
Hiawatha's, I guess, the impudent jade.
More dolls. Rome and Jule - now all take a peep
And watch them indulge in a fond lovers' leap.

And now, yo ho! and a bottle of rum!
 A fresh water sailor! He sure looks a bum!
 The fun is now over; no more toys to come
 No! Stop! What is this? All hands about face!
 The dollies and sailors are having a race!

And now is all dark, save the stars in the sky
 They sparkle and glitter and one by one die
 And Jane sleeps and dreams and is happy because
 She knows she's been visited by dear Santa Claus.

Characters:

Jane	Divers for chain dive
Santa	jack-knife
Reindeer	cannon-ball
Icicles	fan-dive
Monkeys	kicker for football
Peppermint stick	football
Doll in tub	airplane (swan)
Jumping jacks and clowns	Foxy Grandpa
Bullfrog	Roly-poly
Jack-jump-over-the-candle-stick	Indian doll
Wooden soldiers	Rome and Jule
	Sailor doll
	The stars.

Costumes.

Jane - Pajamas or night-dress, has child's picture book.

Santa - Coat of red oilcloth, mask and cap, leggings of black oilcloth.

Reindeer - Dark swimming suits, caps of brown paper cambric with stuffed horns.

Icicles - White or very light suits and caps.

Monkeys - Any uniform suit and cap.

Peppermint stick - Long white robe (tube-like) with red stripes and red cap.

Doll - Ordinary doll's clothes.

Jumping jacks and clowns - Make up on faces, oil-cloth ruffs around neck, wrists and ankles to match colored skull caps. Contrasting suits. Grease paint or clown-white may be used on entire body for special effects.

Bullfrog - Green suit and green cap with large frog eyes on the top, or entire frog costume made of green oilcloth by a pattern.

Jack-jump-over-the-candle-stick - Pajamas.

Wooden soldiers - White canvas gloves. Wooden soldiers hats of black oilcloth over corrugated cardboard.

Divers for chain dive - Any bright suit with cap to match. Jack-knife, cannon-ball, football wears any suit or cap. Kicker for football, football headgear. Fan dive, bright kimono or pajamas and stocking gussets. Airplane wears drapes fastened at shoulder and wrist of each arm.

Foxy Grandpa - Large white collar and bow tie. Old man's hat, spectacles, whiskers and cane.

Roly-poly - Rompers.

Indian doll - War paint, head band with feather, bow and arrow.

Rome and Jule - Any clothing suggesting Romeo and Juliet.

Sailor doll - White sailor suit and cap.

The stars - Any uniform suits and caps.

The spirit of Christmas who reads the verse - Xmas angel robes or Old English costume.

Setting.

A curtain upon which is appliqued a large decorated Christmas tree, is hung across the deep end of the pool in such a way that the split in the center is over the center of the spring-board. The lower ends of the curtain must reach the water and must be split to allow entrances through the curtain.

SHIPWRECKED OFF MERMAID ROCK

Two shipwrecked children, Tom and Jean, drift on their raft toward the Mermaid Rocks. The children search the sea for aid and finally give up in despair. They fall to sleep guarded by their faithful dog, Soup-bone. As they near the Rocks, the barking of the dog wakes the children. They wake and gaze in astonishment at mermaids, some of whom are diving from the rocks, others swim out to the lily pads and comb their hair. The children gleefully receive the mermaids and ask where they are. The mermaids cannot help the children find their way home, but ask them to stay and see the 'water folk' meet for a jolly evening.

The first to come are the lilies. They swim in and out the pads; form one large circle; form one small circle by moving toward the center; form four small groups of two's and then climb on the rocks.

The goldfish, followed in by the water bugs, swim around the raft with the crawl stroke, while the water bugs do 'man in a tub' in groups around the raft. They all leave immediately.

Jelly-fish enters and does jelly-fish float. Porpoises do dives in circle around jelly-fish.

Lobster and two frogs enter from opposite ends and climb on the raft after many awkward attempts. The children appear frightened. Lobster and one frog do standing dives while the other frog does a crouch dive.

Sea serpent enters at one end and swims zig-zag down the length of the tank.

The turtle enters and swims to rocks and climbs up and rests.

After the turtle is up and resting, the mermaids offer to give the children a ride on lily pads. The children are delighted. They are in the middle of the ride when a gingham shark, a deadly enemy of the water people, enters the water and scares them away. The children are stranded in the middle until Soup-bone jumps in and pulls the children from the scene.

Characters.

Six mermaids	Three water bugs
Two goldfish	One turtle
Seven water lily pads	Two frogs
Seven water lily flowers	Three sharks
One lobster	Tom and Jean
Two porpoises	Soup-bone
One jelly fish	

Costumes.

Mermaids - Headdress of silver fins, dress of flowing green material.

Goldfish - Fish costumes of gold back with a yellow belly.

Water lily pads - Tire tubes covered with green to represent pads.

Water lily flowers - Yellow caps with white petals from shoulders.

Lobster - Lobster head made of red cap with feelers, red suit and red grease paint. Two large claws made of oil-cloth.

Porpoises - Dark gray fish costumes with white belly.

Jelly fish - Pink cloth with streamers make dress.

Water bugs - Black suits with grease paint on legs and arms.

Turtle - Black cap and turtle shell made of oil-cloth.

Frogs - Green suits, green caps with eyes, grease paint.

Sharks - Gray fish costumes with gray caps.

Tom and Jean - Street clothes, badly tattered, no shoes or stockings.

Soup-bone - Dog costume, brown with black spots, large ears.

Music suggestions.

Any good music in 2-4 time for crawl of goldfish - Stars and Stripes Forever.

Any good music in 2-4 time for sea serpent - Silver Fishes, Schoenfeld.

Waltz for water lilies - Merry Widow Waltz.

Any slow music for the turtle - Pomp and Circumstance.

Stirring music for sharks - Hungarian Rhapsody, Liszt.

Four-four time for frogs - Tin Soldiers Parade, Brett.

THE QUEEN'S CROQUET PARTY FROM ALICE IN WONDERLAND

Alice sits on side of pool reading a book, the White Rabbit pacing up and down, nervously looking at clock, muttering 'Oh dear, oh dear, I shall be late.' He jumps into the pool and Alice follows. They swim off (disappear underneath curtain).

Grand-Parade.

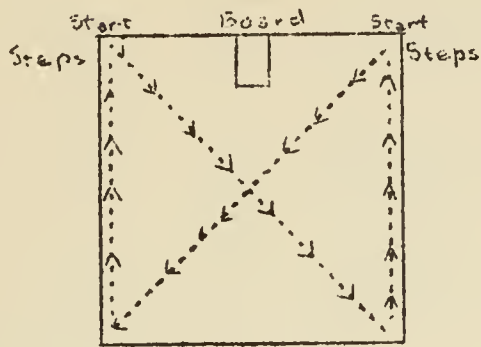
Alice and two rabbit heralds stand on the sides of the pool near the deep end and announce 'The Queen. The Queen.' The Parade begins.

The parade.

The parade starts at the two sides of deep end of tank, entering in the order given below. Swimming the breast stroke, the two lines crisscross toward the shallow end of the tank, both lines counter march outward and swim to deep end of tank. The Knave of Hearts carries a crown for the Queen of Hearts on a red oil cloth

pillow. The heralds announce the Queen. Knave of Hearts crowns the Queen and she walks to end of diving board and acknowledges coronation.

Queen, King, Knave of Hearts, White Rabbit and Alice sit and watch the rest.

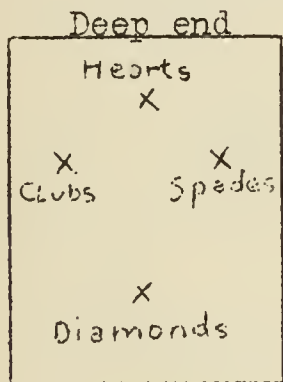


Line of March

2 Herald Rabbits
10 Club soldiers
10 Diamond soldiers
10 Spade soldiers
10 Heart soldiers (children of Queen)
King, Queen and Jack of Clubs, Diamonds
and Spades
Knave of Hearts
King and Queen of Hearts

Croquet game.

Girls with reeds start at shallow end of tank and move up toward deep end keeping diamond formation. Two heart girls swim diamond reed down center to heart reed, swim side stroke facing each other. As the two heart girls get to the center even with club and spade reeds, as they reach their reeds, the two heart girls swim under their reed. All begin performing under their reeds at the same time doing various stunts.



Reed Formations

Girls under reeds turn double forward rolls and then swim tandem breast stroke (rotating to right) to next reed, where they repeat stunts and then repeat until they all return to original places. All swim off in the manner in which they entered.

Heralds announce the game as girls come in.

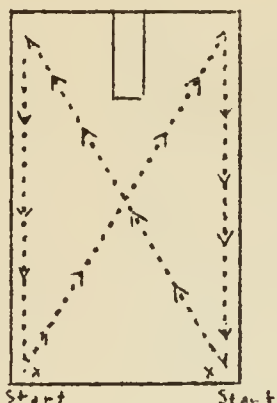
Race.

Heralds announce the race is about to begin, general comment concerning the coming event, follows among the spectators.

1. Grinning Chessy Cat, Mock Turtle, Crayfish and Gryphon. The contestants swim according to the type of animal they represent, with spectators cheering. The whole event should be humorous with outcome uncertain to the very end.
2. Lobster Dance. Heralds announce the dance. Lobsters enter swimming crawl in center of tank, they form a circle, here they do individual rolls forward and backward. Then the dance starts (folk dance for eight). Lobsters swim off tandem in pairs, doing the crawl.
3. Mad Hatter loses his hat. Mad Hatter and March Hare rush in and Mad Hatter tells King and Queen he has lost his hat. King gives him a large hat and Mad Hatter consents to do some stunts with the March Hare. Both take off their costumes and place them in two neat piles on the side of the tank. Put on swimming caps, dive in and do difficult stunts individually and some together. When through, they put on their clothes and walk out arm in arm.
4. Royal Children perform. Heralds announce them. Royal children dive, individually and in two's and three's. They also do stunts.



5. Parade finale. Characters, same as first parade. Procession begins at shallow end of the tank, swimming breast stroke. Swim from two sides and crisscross in the center and swim to opposite corners and up sides of tank. All the rest of the characters enter the water and everyone holds on to the side of the tank and at a signal disappears under the curtain quietly.



Alice very surprised, runs to tank and exclaims, "Why, they are only a deck of cards."

Then she runs away.

Parade Finale.

Characters.

Alice (little girl)	King, Queen and Jack of Clubs
White Rabbit	King, Queen and Jack of Diamonds
Rabbit Heralds, 2	King, Queen and Jack of Spades
Club Soldiers, 10	King and Queen of Hearts
Diamond Soldiers, 10	Knave of Hearts
Spade Soldiers, 10	Reed Holders, 8, 2 girls under each reed
Heart Soldiers, 10	Grinning Chessy Cat
Crayfish	Mock Turtle
Gryphon	Mad Hatter
Lobster	March Hare
Royal Children	

Costumes.

Alice - Wears child's dress, white apron, long hair tied back with ribbon around forehead.

White Rabbit - Black and white oil cloth coat, white oil cloth ears, white gloves, carries umbrella, wears white oil cloth collar with red tie, carries big alarm clock with chain.

Rabbit Heralds - White oil cloth tunics with big red heart on front and back. White oil cloth ears, ruffle around neck. Red wooden trumpets.

Soldiers - Tank suits, white caps and white oil cloth cards on backs with the various symbols painted on according to card represented.

Kings, Queens, Jacks, Knave - Regal robes.

Reed Holders - White caps with hearts, spades, diamonds and clubs.

Chessy Cat - Oil cloth head dress, also whiskers and tail.

Mock turtle - Large oil cloth back like that of a turtle.

Crayfish - Head dress and tail and fins.

Gryphon - Wings, head dress and tail.

Lobsters - Eight lobsters dressed in red suits, oil cloth lobster head dresses, red grease paint on arms and legs.

Mad Hatter - Large top hat with price mark, swallow tail coat, blue tie, white collar.

March Hare - Oil cloth ears, green oil cloth swallow tail coat, white collar, yellow tie.

Royal Children - There are ten children. White caps in which a heart is painted, oil cloth backs of the various heart cards.

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Events of the show.

Balloon race (water nymphs)
Couple somersaults, front to front, back to back
forward and back (water nymphs)
Starfish dance to music (starfish)
Octopus battles with a swordfish
Whale arbitrates and settles the fray
Jester falls in the water and is rescued by a nymph
Water Nymphs dance (Music - Humoresque)
Porpoise imitation (water nymphs)
Double revolution (water nymphs)
Diving (Water nymphs, with Princess leading)

Caroling by the ensemble makes the conclusion.

Scene.

Waternymphia, just before Christmas. Curtains are covering three sides of the pool. At the deep end of pool, there are two thrones. A footstool is on one side of the throne for the princess to sit on. There are two wide steps leading up to the throne. There is a treasure chest in a conspicuous place. Lords and ladies are sitting in a diamond shape formation facing pool.



Directions for staging the conclusion.

After diving, the lights are dimmed. The reindeer enter from the shallow end of the pool, carrying a small Christmas tree on a wooden platform. The tree is all lighted up. The antlers of the deer are glowing (phosphorescent paint or flash-lights may be used). The reindeer swim slowly to the stage (deep end) and when they reach it, Santa lifts the tree from the pool, and places it in the center of the group.

As the tree is slowly moving toward the center of the stage, the ensemble sing HOLY NIGHT, loudly at first and gradually their voices soften until they are lost in darkness.

Characters.

King Aqua	Jester	Starfishes
Queen Pura	Lords and Ladies	Swordfish
Princess	Water nymphs	Octopus
Pages	Santa Claus	Whale
	Reindeer	

Costumes.

King - Crown, sceptre, purple robe and sandals.

Queen - Crown, white robe, long flowing hair, sandals.

Princess - Green wrap, star studded crown, bathing suit underneath.
Should be a good diver. Leads diving. She wears a silver swimming cap.

Pages - Pages costumes.

Jester - Jester costume, cap with bells on it.

Lords and ladies - Court costumes.

Water nymphs - Green or vari-colored one-piece suits. Two-pointed tail where feet fit in. Iridescent scales covering costume from hips down.
Cap of silver mesh over regular cap.

Santa Claus - Santa Claus costume.

Reindeer - Antlers on head and harnesses uniting them.

Properties.

Horns for pages.

Toys and pack for Santa.

Treasure Chest and Jewels.

Thrones, two.

Footstool.

Sceptre.

Christmas tree and lights (candles or electric bulbs).

PART VI

WATER PAGEANT PLOTS

PLOTS APPROPRIATE FOR MATURE STUDENTS

THE BIRTH OF VENUS.

The ocean nymphs were the first to discover Venus, cradled on a great blue wave. They carried her down into their coral caves, where they tenderly nursed her, teaching her with the utmost care. Upon the completion of her education, the sea nymphs judged it time to introduce her to the other gods. With that purpose in view, they carried her up to the surface of the sea - where Tritons, Oceanides and Nereides all crowded around her, loudly expressing their ardent admiration - and offered her pearls and choice bits of coral from the deep, as a tribute to her charms.

THE BRIDE OF NIAGARA.

Yearly, a sacrifice had to be made to the powerful Niagara. One year, White Cloud, the daughter of Chief Eagle Eye, was chosen to be the honored sacrifice.

White Cloud descended the river bank to the waiting white canoe that floated like a leaf at the edge of the water. She was small. About her shoulders dark hair fell like a silken web, and she carried a bundle of willow buds in her arms. Her dress was of sweet grass and maple leaves, her tiny soft moccasins were embroidered with flowers. Her heart seemed fearless, for her words of farewell fell soft as the patter of rain on green leaves. She took her place, and the little canoe was pushed toward the middle of the stream. There, instantly caught by the swift strong current, it was off, skimming the surface of the water like a strange bird. White Cloud sat erect, her long hair tossing winglike on the wind.

When the little bark had swung well into the current, the old chief, Eagle Eye, could control his feelings no longer. Not a sound escaped his lips; but swift as thought, he leaped into his own canoe, drove it with mighty strokes into midstream, and sped after his daughter. Down the stream with ever increasing speed shot the canoe, the larger one gaining on the smaller. Faster and faster toward the Verge, amid riotous waves and hissing clouds of spray. But ere they plunged into the sheer descent, the Great Spirit, well pleased with the double sacrifice, changed both father and daughter into spirits of strength and beauty - she into the maid of the mist; he into the power of the waterfall.

CLYTIE.

She was a water nymph and lived in a beautiful ocean cave. Her dress was of gossamer sea green silk, her jewels were white pearls and red corals, and her carriage was an iridescent shell drawn by two shining fish. Clytie was happy among her sister nymphs until she fell in love with Phoebus, Apollo.

At first she had no thought of the sun, but to enjoy his light as it sparkled on the water ripples, or chased leaf shadows over cool green banks, she would often laugh with delight at his rainbow arch in the mist of the waterfall or the spray above surf splashed rock. But in time, she came to wonder at the source of all this light and warmth and life. Seated upon the yellow sand by the sea, she watched the glittering chariot as it raced across the sky, until, for her, all beauty and mystery lay beyond the fleecy clouds. Her carefree life in a cool and beautiful ocean home was ended. The foolish, simple maiden had set her heart upon Apollo himself. He, the distant Sun God, took no note of her.

In vain, and with no thought of food or friends, or play, Clytie sat in tears, alone. Her face was turned toward the sun. All day, from the first pale gleam on the morning horizon, on through the bright white heat of the noon, to the last golden light of the evening, her eyes followed him, worshipping his brightness, his speed, and his splendor. At length, after nine long days of her fruitless pining, the Fates took pity on poor Clytie and changed her into a sun-flower.

THE CREATION OF THE WORLD AND OF MAN.

Wisukejak was traveling when he heard a noise behind him. He turned to find the water rising. He fled and climbed into a tall tree. The water rose higher and higher until it reached his neck. Then he saw a beaver and a muskrat. He called to them and they came. He begged them to dive down into the waters and bring him a little mud. First the beaver tried and failed. Then the muskrat went down into the water. After several trials, he brought up a little sand in one paw. With this, Wisukejak formed the earth.

Having made the earth, the Earthmaker decided to make a man. He built a little oven of stones. Then moulding a little figure of clay with his hands, he put it in the oven to bake. Soon he took it out. It was not baked enough; it came out white. This was the white man. He tried again, but this time he left the figure in the oven too long. It was burnt and came out black. That was the negro. He tried it again, and watched the fire carefully, and behold he had a perfect man, an Indian, "Baked just right".

THE HAPPY JAPANESE HUNTER AND THE SKILLFUL FISHER.

The happy Hunter of the Mountains and the Skillful Fisher of the sea, both descendants of the Sun Goddess, changed places for a day. The Hunter lost the precious fish-hook of the Fisher. The Skillful Fisher was frightfully angry, and would not forgive the Happy Hunter until he had found the hook that had been lost. This necessitated a trip in a magic basket to the Palace of the Sea Dragon, Rin Jin, the Dragon King of the Sea, and his wife and the two princesses all welcomed the Happy Hunter. All the fish of the realm were called in to search for the lost hook. It was finally found in the throat of the red bream, and removed by the cuttlefish, and returned to the Hunter. After a great celebration, he returned to his brother on the back of a huge crocodile.

HOW THE KING OF THE FISH WAS FREED.

A young woodsman - having secured a pair of boots that would carry him any place at his wish, a key that would open any door in the world, and a cap that would make its wearer invisible - sets out to find his three sisters who had disappeared while picking wildflowers. He found the first married to the King of the Birds, the second married to the King of the Fish and the third about to be married to an awful ogre. In order to save her, he had to secure a treasure chest from the depths of the sea. In this chest was an egg that had to be broken upon the ogre's head in order to kill him and release the spell that kept the other husbands in the forms of a bird and a fish. Through the help of the King of the Fish, he was able to do this, and all lived happily ever after.

THE INTERNATIONAL EXPOSITION OF RIVERS.

Canopus, the god of water among the Egyptians, calls upon all the great rivers of the world to send exhibits to a magnificent Fair. Among the exhibitors are:

The Nile	The Mississippi	The Ganges
The Rhine	The Amazon	The Volga
The Seine	The Yangtse-Kiang	The River Dee
The Thames	The Danube	The Congo



THE INTERNATIONAL FAIR OF OCEANS.

Father Neptune calls upon all the bodies of water on the face of the globe to send representatives to his monstrous Fair. These include goldfish from the Japanese Sea, shrimps from the South China Sea, etc.

Indian Ocean	Atlantic Ocean	Caribbean Sea
Tasman Sea	Bering Sea	Hudson Bay
Arctic Ocean	Alaskan Gulf	Baffin Bay
Anarctic Ocean	Sea of Okhotsk	Baltic Sea
Pacific Ocean	Gulf of Mexico	North Sea
Black Sea	Caspian Sea	Mediterranean Sea
Persian Gulf	Arabian Sea	Adriatic Sea
	Red Sea	

THE JAPANESE FISHER LAD AND THE DAUGHTER OF THE DRAGON KING OF THE SEA.

The young fisher lad, Urashima Taro, having saved the life of a tortoise who was being stoned by some boys, is taken by this tortoise to the Rin Gin, the Palace of the Sea King. There he is met by a beautiful Princess, Otohima Sama, dressed in flowing garments of red and soft green with golden threads. She tells him that she was the tortoise whose life he saved, and that they are to be married and to live in the palace as his reward. Trains of fish, dressed in ceremonial garments appear, and the bridal party is celebrated with dazzling splendor. As soon as the young pair have pledged themselves in the wedding cup of wine, three times three fish with silver scales and golden tails step in from the waves and dance. Never has there been such rejoicing at Rin Gin.

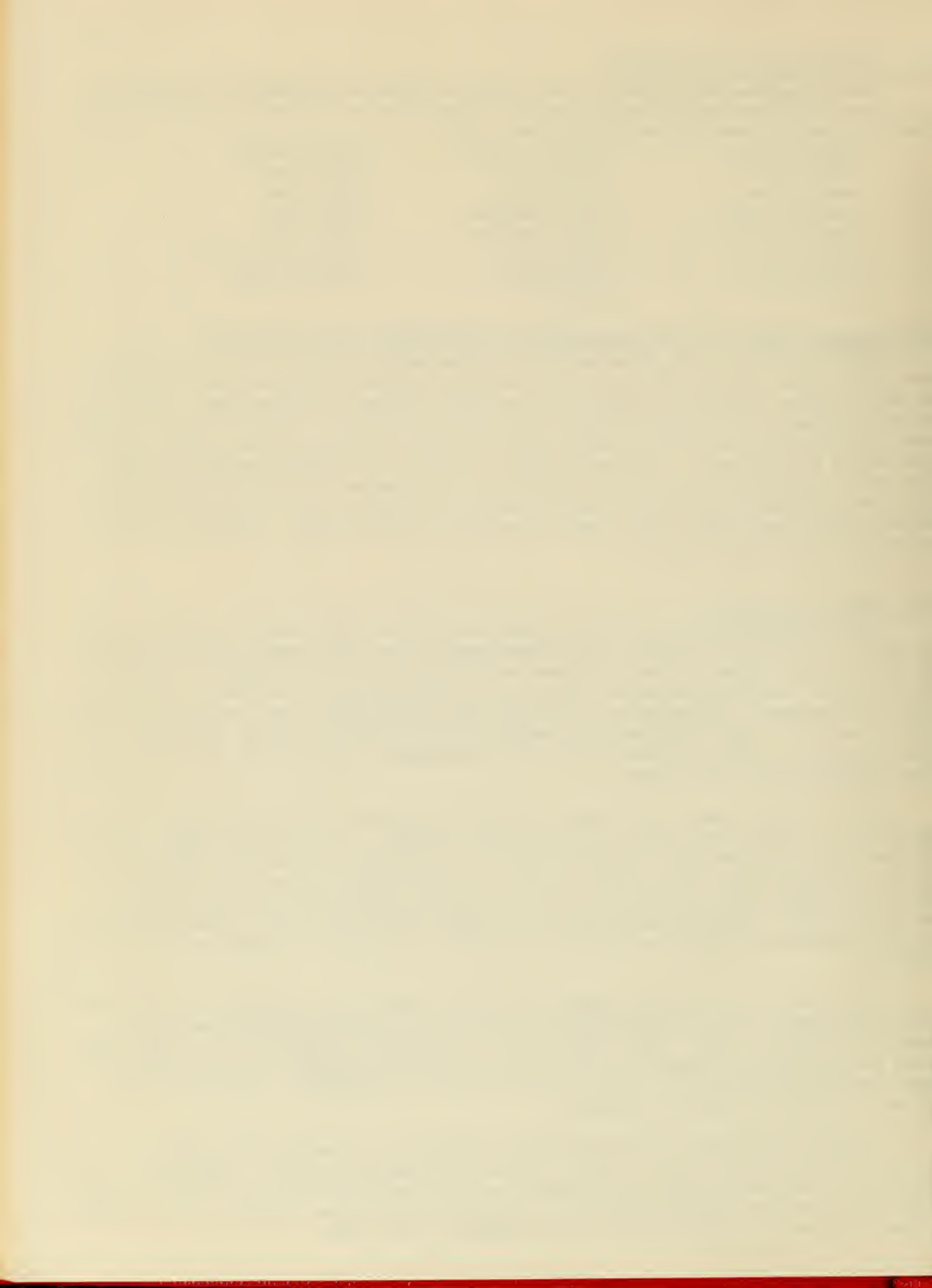
THE LEGEND OF THE NILE.

Ages ago in the reign of Egypt's mightiest Pharohs, the temple of the Nile was erected. For countless years, the maidens danced, and the Priests made sacrifices so that the Nile should always continue to be their mainstay of support. Finally, there came a time when the people began to think less of their temple and more of foolish pleasures. Forgotten was the mighty Nile; forgotten, too, were the Priests who served it. Loudly did the Nile complain, but the people paid no attention. Again and again did the Priests tell of the punishment that was sure to come, but the warnings fell on deaf ears.

Then, with a mighty cry of anger did the Nile arise. Starvation faced the populace, and then they turned to the forgotten temple. Long did they pray. Finally the oracle answered them "Only when she who is without sin has been sacrificed by him who holds her dearest will the Nile be appeased and the waters recede." At this terrifying edict, the people drew back aghast, each secretly afraid that he would be chosen. The King gave the royal command, "Let all of the young men and all of the maidens pass in review before the temple, so that the Nile may make its choice."

So it was, and before the temple steps there passed all the young men famed for their strength, wit and statesmanship; as well as all of the maidens, each more beautiful than the last. Then, there came to the steps a couple so well mated that even the king rose in wonder. As they stood before the Temple, the whisperings of the crowd were stilled and the noise of the river was silenced. Slowly the king arose; wearily he raised his sceptre.

At this the lovers realized what had transpired. In terror they turned to flee. But on one side lay the river, and on the other the guards. The people pressed closer; the guards loosed their swords. Desperately, the two clung together, then, with one last despairing kiss, she leaped from his arms into the bosom of the river. He, as one stunned from a blow, dropped to the bank.



The waters receded leaving in their wake rich soil from the river. The sun came out and the people, overjoyed at their deliverance, surrounded the Temple and there was great feasting and rejoicing.

THE LOTUS.

Long ago, when the world was young, the Nile loved a maiden. She was Isis, daughter of a Hundred Stars, who, as she nightly climbed the dark pinnacle of clouds, drew her silvery drapery across the stream's dark bosom. Many were the sighs the river breathed through the long nights, but Isis heard them not; for the wind had told her of Osiris, Osiris the Beautiful, the well beloved, who daily waked the dreaming world with his warm kiss. And afterwards, Mira, the great Star Mother, bending from her gleaming throne, had also spoken of Osiris and his glittering steeds. Isis, listening, yearned for him whom she had never seen, whose radiance was brighter even than that of Nefra, the Fire Bearer, who, once in a century, flashed through the still heavens. So Isis heeded not the Nile, moaning at her feet, for her eyes were even bent on the rim of the world, whence would come in rosy haste, the heralds of Osiris.

One morning, when the starry sisters were fleeing, one by one, to the silent underworld, Isis stayed in the dark cloudland. The night winds called her to hasten; she heard them not, but stood waiting and watching, while above the eastern horizon rose the Hours, streaking the heavens with their amber veils, and borne along behind them, Osiris himself, more radiant than her dreams. But Osiris, glad in the greetings of the jubilant earth, saw only a Star Maiden lingering in her pale robes on the borders of the Forbidden Kingdom. Catching up a barbed shaft, he hurled it shrieking through the air - and Isis fell.

The winds fled in horror from the earth; the air shuddered and shrank away; but the Nile, roaming in agony through the fields, stretched out his mighty arms, and with a great cry gathered the lifeless Star Maiden to his bosom.

And there, where Isis fell, rose a starry flower, pale, but with the stain of the dawn in its heart.

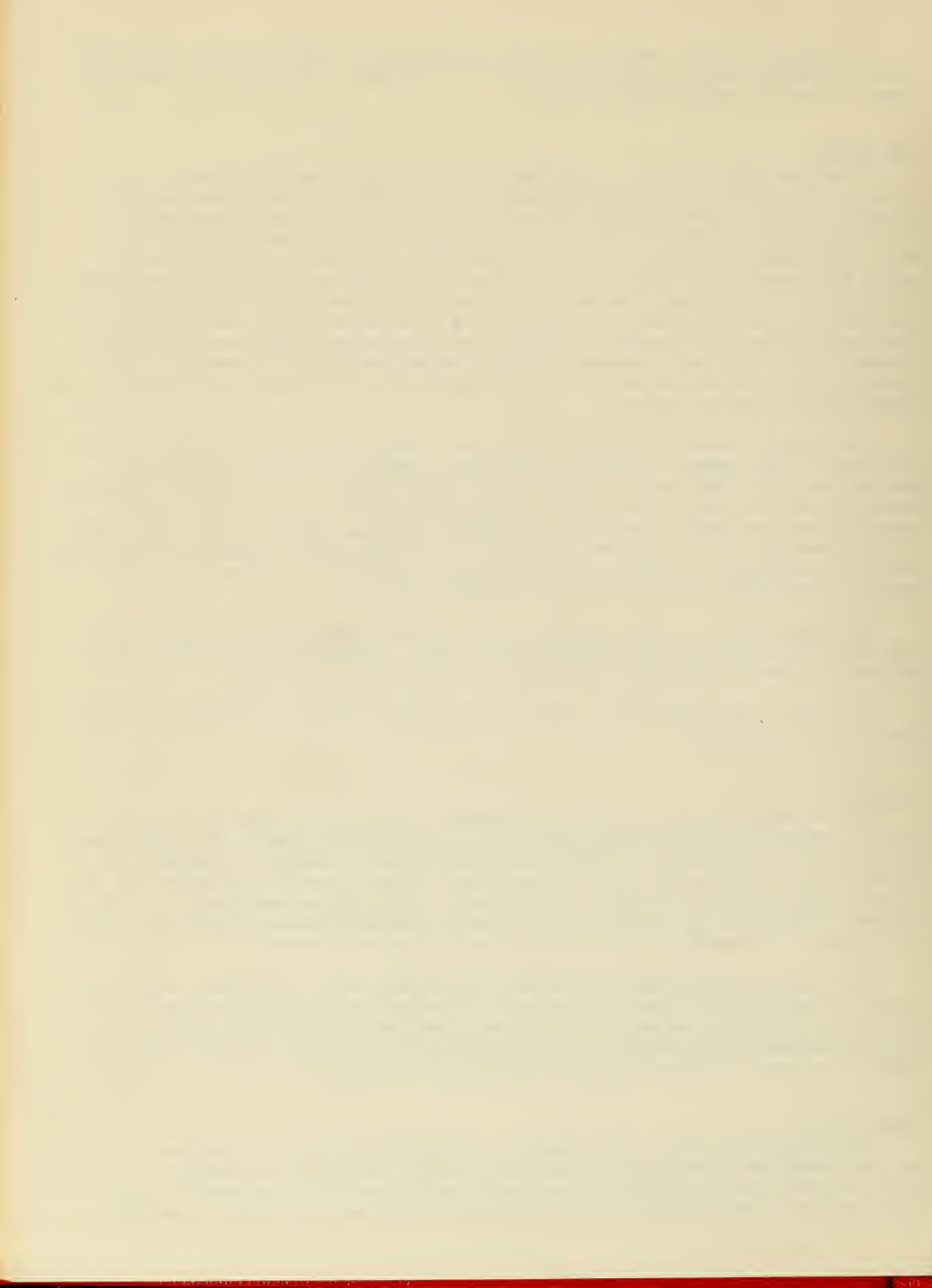
PERSEUS.

He was returning from having slain Medusa, and passed through the country of Ethiopia which was ruled by King Cepheus and his Queen Cassiopeia. The latter had offended the sea nymphs by declaring her beauty equal to theirs. To appease the anger of the nymphs, and to punish Cassiopeia for her presumption, Neptune had sent a terrible Sea Monster to ravage all the land. King Cepheus consulted an oracle and was told that if he would save his country from devastation, he must sacrifice his daughter, Andromeda, to the ravenous jaws of the sea monster.

Perseus arrived to find the beautiful Andromeda lashed to a great rock by the sea-shore awaiting her slayer. Prompted by pity and love, he obtained permission to be her deliverer. He unsheathed his sword and made ready for the enemy that had already announced his coming by a deafening roar from the sea. It was a terrible fight. Perseus was victor, and won Andromeda as his bride.

PIRATE GOLD.

The good Spanish ship, Santa Maria, is attacked by pirates. The Spanish sailors throw their treasure overboard in an effort to outwit the pirates. In spite of their desperate fight, they are captured; and, after being tortured by Black Pedro and his band, are made to walk the plank. Just as the captain's beautiful



daughter is about to meet her fate, Mike, Black Pedro's right hand man, rushes to her rescue. Together they show the pirate chief their skill in the water. Pedro is struck with the ability and beauty of the girl, and commands the pirates to entertain her. She joins in the revels, and becomes one of them by popular request. The pirates suddenly remember the treasure, and the map which they found on Captain Velasquez. After locating the treasure, the whole band joins in a parade in the water.

THE RHINEGOLD.

Deep down among jutting black rocks in the bed of the river Rhine lay hidden a magical treasure of gold, more wonderful than any of the Nibelung hoards or the possessions of the Gods themselves. For ages this hidden wealth had belonged to the Rhine Daughters, three mermaids, who carefully guarded it. When the sun shone down upon their treasure, the gray-green water was filled from depth to depth with golden light. In and out among the rocks through this shimmering light the happy mermaids darted, the sound of their singing mingling with the soft ripples of the sunlit water. The Rhine Daughters feared nothing, for the passing years had never made them old, nor weary, nor sad.

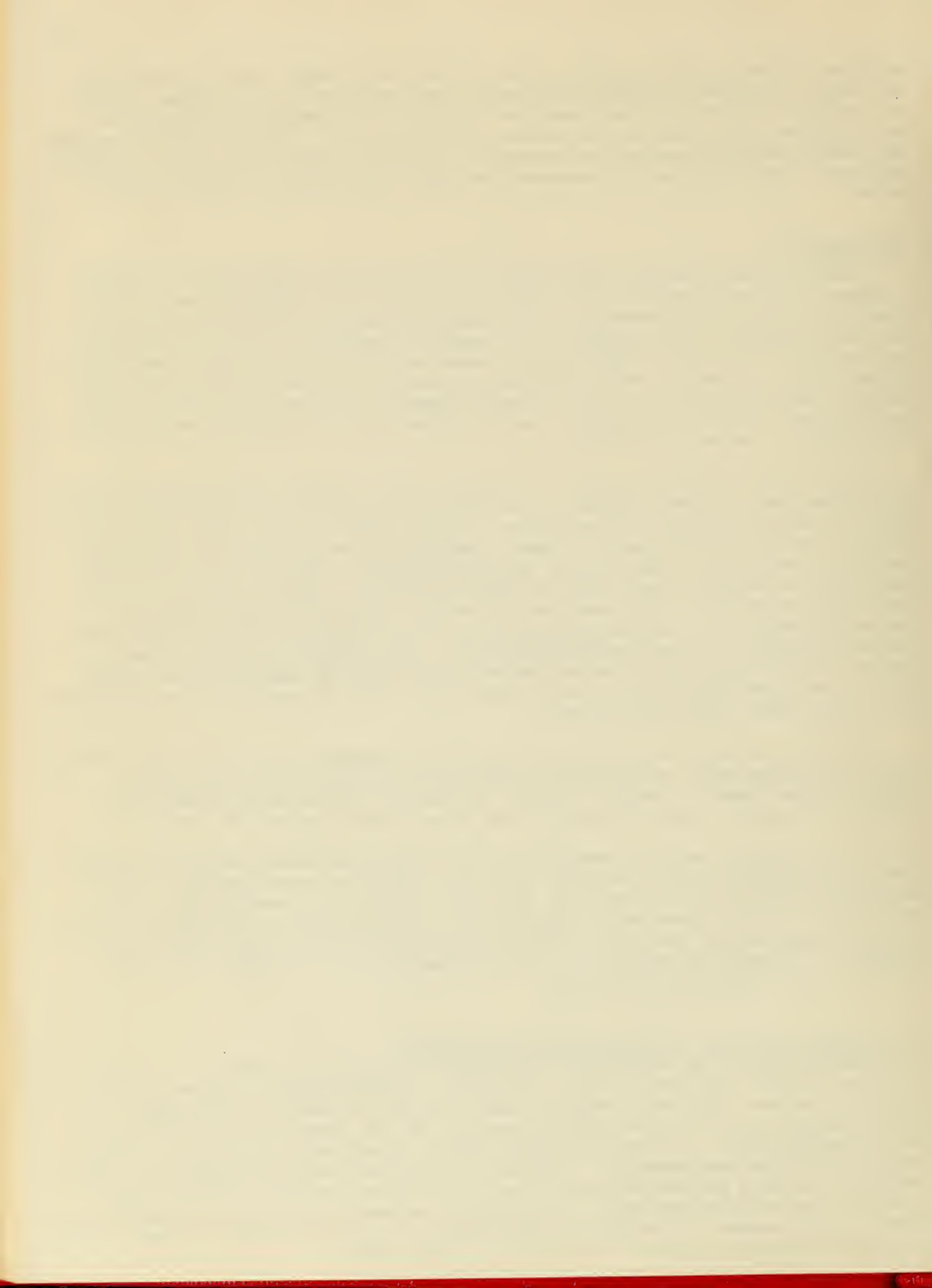
In the early morning twilight, one tragic day, a strange visitor came to this happy water home. It was Alberich, an ugly dwarf of the race of the Nibelungs, who dwelt in the caves beneath the mountains. Hiding himself in the dark cleft of the rock, he watched with increasing pleasure the mermaids at their play. Presently, his coarse and sudden laugh startled the beautiful water nymphs, who swam in haste and fright to the great rock where the gold lay stored. Alberich addressed them, then clumsily tried to catch them; but the maidens tantalized him by easily escaping his grasp, while mockingly luring him on. Vainly, the sluggish dwarf wooed them each in turn. He was becoming infuriated, when suddenly his rage turned to wonder. The rising sun had touched the water, and from the summit of the central rock in the river bed filtered a brightening glow - the Rhinegold kindling to splendor in the light of the morning sun.

The happy maidens now invited their seemingly harmless visitor to bathe in the glow of the Rhine gold, and fearlessly sang out to him the secret of its power. "'Tis a golden charm. A world's wealth. He who the love of woman forswears and fashions a ring from some of yon gold, can be master and lord of the earth."

So thus lightly sang the mermaids, and in a trice the dazed wonder of the ugly dwarf had changed to greed and ambition. With a loud cry renouncing love forever, he clambered up the tall, black rock, tore the gold from its resting place, and diving deep into the river bed, disappeared into the fissures of the earth. As the gold vanished, the sun was hid. From the depths of Hibelheim echoed the mocking laughter of Alberich in answer to the Rhine Daughters' cry of despair that arose from the green darkness of the water.

THE WEDDING OF RIN JIN, THE DRAGON KING OF THE SEA.

Long, long ago, in old Japan, the Kingdom of the Sea was governed by a wonderful king, Rin Jin, the Dragon King of the Sea. The Palace of Rin Jin was at the bottom of the sea. The walls were of coral, the roof of jade and chrysoprase, and the floors were of the finest mother-of-pearl. But the Dragon King was not happy, for he reigned alone. At last he thought that if he married, he would not only be happier, but also more powerful. Calling all his fish retainers together, he chose several of them as ambassadors to go through the sea and seek for a young dragon Princess, who would be his bride. At last they returned to the Palace bringing with them a lovely dragon with scales of glittering green like the wings of summer beetles, eyes which threw out glances of fire, and gorgeous robes.



The King fell in love with her at once, and the wedding ceremony was celebrated with great splendor. Every living thing in the sea from the great whales down to the little shrimps came in shoals to offer their congratulations to the bride and bridegroom, and to wish them a long and prosperous life. Never had there been such an assemblage or such gay festivities in the Fish World before. The train of bearers who carried the Bride's possessions to her new home seemed to reach across the waves from one end of the sea to the other. Each fish carried a phosphorescent lantern and was dressed in ceremonial robes gleaming blue and pink and silver. The waves as they rose and fell and broke that night seemed to be rolling masses of white and green fire, for the phosphorus shone with double brilliance in honor of the event.

WET SPOTS IN HISTORY.

Act I. Early wet spots.

- Scene 1. The mother of Hercules dips him into the River Styx to make him invulnerable.
- Scene 2. The adventure of Jason and his crew.
- Scene 3. Leander swims the Hellespont.
- Scene 4. Horatius at the bridge.
- Scene 5. Caesar crosses the Rubicon.
- Scene 6. Floating down the Nile with Antony and Cleopatra.

Act II. Later wet spots.

- Scene 1. Columbus sails for India.
- Scene 2. Magellan sails around the world.
- Scene 3. DeSoto laid to rest in the "Father of Waters".

Act III. Recent wet spots.

- Scene 1. Gertrude Ederle conquers the English Channel.
- Scene 2. "WE"

THE WRATH OF POSEIDON.

Sing, O Muse, of the wrath that Harmodius, fleetest of athletes stirred in the breast of Poseidon, God of the Earth circling the ocean. When, on the day of the contests, priestesses placed on the altar offerings meant for immortals who dwell in the halls of Olympus. Then it was that the Victor, mad with joy of his crowning, drank the wine of Poseidon. The God sent the sea to the city, caused a great swelling of the waters until the athlete, repentant, gave back his best loved possession the olive wreath - symbol of triumph. Soon, then, the great god relented, called back the waves with his trident. Then there was joy in the city. Happiness reigned, and thanksgiving.

PLOTS APPROPRIATE FOR INTERMEDIATE GROUPS

DAVY JONES' LOCKER.

Away down at the bottom of the sea, far deeper than the longest fishing line could ever reach, there is a forest of sea weed. And hard by the Caves of Coral at the edge of the forest, stands an old ship without masts or sails, with doors and windows cut in it. Upon the front of the ship is a large shell sign reading DAVY JONES' LOCKER, Board and Lodgings at Reasonable Rates. In front of the house is a little garden filled with the brightest flowers bordered with sea shells. Fish of all sizes and colors swim in and out, glistening and shimmering. There is rioting among the boarders - the Ancient Mariner, Captain Kidd, Blackbeard, John Silver,

Captain Jinks, Midshipman Easy, and the lesser pirates - because they want pie with every meal. The messenger Dolphin is sent for the Swordfish Police to quiet them. Mother Carey and her Chickens - Sea Mew, Wave Crest, Scallop, Whitecap, Foam, Bellow, Nautilus and Anemone - are invited to entertain the riotous boarders to take their minds off the lack of pie. Mother Carey brings Neptune with her, and everyone enjoys the big party.

A DAY WITH THE SEALS.

Karki, a fine young seal, lived with his Uncle Walrus and his Aunt Sea Cow. They allowed him to play all day with the other seals who lived nearby. They played games, swam races and dived all morning; and then took their naps, rolled up in round balls, rocking in the waves. In the afternoon they played follow the leader with many underwater stunts while the proud parents watched on the side-lines.

THE FROGGIES DIVING SCHOOL.

Two bullfrogs, one named Hippity and the other Hoppity, lived in a nice cool pond. One day, they set up a piece of bark with a sign on it reading: "Lessons in plain and fancy diving - by Professors Hippity and Hoppity Bullfrog, No. 24 Stump Root, West Marshlands". All the inhabitants of the pond and marshland came singly and in groups for their fine instructions.

THE FROGGIES' WORLD FAIR.

The frogs were holding their Fair in the Pool in Rainbow Valley. There were representatives from all the countries. Green tree frogs from the United States with spots of brown and dark green hands; the blue tree frog from South America; the golden Tasmanian tree frogs in grass green robes with shiny yellow embroidery; flying frogs from Java with deep shining green coats, yellow vests and yellow and black shoes; the horned frogs from Australia in their bronze green with chocolate spots and yellow striped stockings; the huge Belgian frogs. Each presented the best his country could show, and the day ended with a beautiful parade by the fairy frogs in white carrying their shining lights.

IN OCEAN LAND.

Grandma, Bob and Eleanor, and Little Bob had been spending a month at the sea shore when one day they begged Grandma to tell them a story. This is what she told them:

Once upon a time there lived in the depths of a deep tranquil pool a young salmon, called Sammy, and his fat, peaceful, old Aunt Sheen. Such merry times as Sammy and his companions had chasing each other up and down the stream, leaping the waterfall, jumping over the rocks, and playing hide-and-seek in the shallows. Then there was always the excitement of watching for the flies that hovered near. But Sammy tired of all this, and ran away to the ocean to visit Coral Land. Here, when escaping from a shark, he made friends with a hermit crab, who was living in the shell of a large sea snail. He played many games with the sea urchins and fish and starfish, with their five orange arms; and admired the Sunstar with its twelve to fifteen rays of purple - or the red one, with white rays tipped with red. The silver pilot fish with his three blue bands took him to visit the unsociable oyster colony. They also watched the beautiful blue and silver flying fish. Other of his new friends were the round, prickly Globe fish, the cross-looking porcupine fish, the goldfish, the bluefish, the Scarlet fish, the sunfish, the Trunkfish and the Sea Anemone. And last came the phosphorescent jelly-fish to light his way home.

THE LOST MERBABY.

The mermaids find that the little merbaby whom they love very much is such a nuisance in their quiet home at the bottom of the sea. He upsets the sea-weeds, and disturbs the rock garden. So they put him into a basket while they swam and played. The wind blew the basket to the shore near a lonely fisherman and his wife. He takes the merbaby home to his wife. The mermaids ask aid of all the sea inhabitants in their search for the baby. The lobster finds some of the baby's golden hair on the beach. The pelican waddles in with the news that the fisherman has the child. The sea gulls fly to the house and return to tell the mermaids that the baby is well and happy. The mermaids and the fish are sad. The mermaids cannot play and swim. Because the baby cries when the sea moans, the fisherman realizes that the baby belongs to the mermaids and returns it to the sea. There is great rejoicing at his home-coming.

MOTHER GOOSE'S SPRING FESTIVAL.

Tis time for the Annual Spring Festival at Water Lily Pool so Mother Goose calls to see that everything is in readiness for the arrival of the May Queen to witness the ceremony. She finds the pool bare and empty. She frantically calls all her trusty servants to her side. She sends them in all directions to find the inhabitants of the pool and to bring them back to prepare for the May Queen's arrival. Just as the last of them is returning, the procession of the Queen and her attendants enters. The queen ascends her throne. Each group performs and receives the approval of the Queen and her retinue.

PERCY PENGUIN.

Down near the South Pole lived Percy Penguin and many of his relatives. They lived in nests of stone on the ice, and were careful to keep their lovely white vests clean all the time at all costs. Then, they would waddle off to play follow the leader with agile leaps and dives, pops and plops - making sure that each stunt was fully appreciated by all the others. And as each penguin passed the other, they bowed very ceremoniously. They coasted on their tummies on the ice, and how they did scatter in the water when the big Old Sea Leopard appeared. And single file they all marched home to supper.

ROBINSON CRUSOE'S PARTY.

Robinson Crusoe gives a party for all the water birds, beasts and fish to celebrate his first year of residence on his Island. He is ably assisted by his man, Friday, and all have a happy time with games, races and exhibitions.

THE SEA FAIRIES.

Old Captain Bill, with his peg leg, and the little girl, Trot, are taken by the mermaids to the Kingdom below the Sea. They are met by the Swordfish, who acts as escort to the Palace, which is surrounded by sea shrubs of every color other than green - purple shading to lavender, reds from rose-pink to scarlet, orange, yellow and blue shading to a sea green. Here Queen Aquerine welcomes them. After lunch is served by the Lobster waiters, the mermaids hold a reception in their honor. King Anko, the Sea Serpent, called; a cluster of Barnacles dropped in; the eels came, too; even the Codfish called for a moment as they passed by. Some entertainment was afforded by the crabs, who did some pyramid building; and the dolphins and the flying fish, who did some diving. The balloon fish lent color to the party with their colored balloons. The butterfly fish darted in. And Old Man Octopus appeared. After the reception, the mermaids escorted Trot and Captain Bill on their way again.

THE UNDISCOVERED ISLAND.

Captain Bill, with his peg leg, and the little girl, Trot, on one of their explorations have come upon the Undiscovered Island. First, they saw the starfish forming pretty figures with a few sea spiders crawling in and out. The sea horses were on parade. The Island was inhabited by baby seals and great old tortoises, who did many queer things while Captain Bill and Trot watched them. A flock of gulls whirled and dove. And when they all saw their guests, they had a parade before Captain Bill and Trot left.

WATER BABY.

Tom, a dirty, ragged, little chimney sweep, runs away and stops to bathe in the stream. The fairies carry him off and change him into a water baby. As such, he has many interesting experiences with the inhabitants of his new realm. He meets the otter family at play on their way to the sea to eat salmon. Tom follows them and falls asleep. The salmon come, shining silver from head to tail where there is a crimson dot. A fisherman, trying to spear the salmon falls into the stream and is carried away by the fairies. Tom makes friends with a lobster. In trying to help the lobster get out of a lobster trap, Tom gets pulled in himself. The other sea inhabitants help Tom to get out, and there is rejoicing as he regains his freedom.

THE YARN OF THE NANCY BELL.

"Oh, I am the cook and the captain bold,
And the mate of the Nancy brig,
And the bos'n tight, and the midshipmite,
And the crew of the captain's gig."

The Nancy Bell is shipwrecked, and only the Captain, the mate, the "bos'n tight", the midshipmite, the cook and three of the crew are left on this desert island. Each day, the gang watched the inhabitants of the sea, and each day one of the crowd was eaten for food - the captain, the mate, the midshipmite, the bos'n, the crew, and, after an argument between the remaining member of the crew and the cook, the cook was finally pushed into the stew.

PLOTS APPROPRIATE FOR JUVENILES

THE KELPIES.

The sea Kelpies live down at the bottom of the sea among the rocks and kelp. They wear green, red and brown sea-weed coats and dresses, and sea shell shoes and hats. They play games with shells and pebbles and swim. One day they ran away from the sea to visit their cousins, the pond Kelpies who dress in the petals of the buttercups, water lilies and daisies, and the leaves of the beech and other trees and flowers that grow near the ponds. They have a glorious time together at a picnic where they play many games, and have races and contests. As it grows dark, they race back to the sea on the back of a brightly colored autumn leaf.

PETER AND PUDDLE DUCK.

Peter and Puddle Duck lived near the edge of a lovely green pond. The first thing every morning, they joined the rest of Pond Town in their morning exercises. Then off to school with the children they went. A lunch obtained from the bottom of the pond helped their empty tummies. At recess and after school, they played all sorts of games. Sometimes, they were even allowed to go to see a dance recital as a special treat before the fireflies would light the way to their straw beds.

THE RETURN OF TOMMY TAD AND POLLYWOG.

Tommy Tad and Pollywog, after having been captured by some naturalists, have escaped and returned to Long Pool with its Big Willow Roots, Water Wheel, Shelving Rock and Mud Bank. All the inhabitants are celebrating their return. There are games, races, dances and stunts of all kinds.

SONNY SUNFISH'S PARTY.

Upon finding a whole can of worms that some fisherman has dropped overboard, Sonny Sunfish gives a party. Dragonfly flies over the top of the Pond to give the invitation to the following: Polly Pickerel, Crawly Crawfish, Peter Perch, Mr. Turtle, Mr. Muskrat, Sally Salamander and all the other denizens of Pleasant Pond.

THE TADPOLE GRADUATES.

Mr. Frog, who spends most of his time at Long Log, has issued invitations to all his neighbors, except Terrible Pike, to come to his Tadpole's graduation. Mr. Catfish and family, Sally Salamander, Mr. Muskrat, Mr. Turtle, Sonny Sunfish, Peter Perch, Mr. and Mrs. Black Bass and Bennie, Mr. Crawfish and Mr. Snail were all there to enjoy the graduation services and present their gifts when Tadpole turns into a frog.

MRS. TURTLE'S GARDEN.

Mrs. Turtle and her children - Muddy, Puddy, Boxes and Tort - took care of a lovely sea garden during the times when the children were not sunning themselves on the Bank. And many inhabitants of that region came to see their beautiful garden. Muddy, Puddy and Boxes know how to swim, but they had a terrible time teaching Tort how to navigate. He usually rode on his mother's back, or hung on to Mr. Salmon's tail. But, when he DID learn how, he could beat all the rest of the family.

MISCELLANEOUS WATER PAGEANT PLOTS

THE DREAM OF THE ANCIENT MARINER.

The Ancient Mariner, watching the skies from his position on the sailing vessel, lets his eyes rest upon an albatross perched upon the highest point of the mast. Without having any qualms about killing, he shoots the Albatross with his bow and arrow. Immediately, nature shows her disapproval by darkening the skies and sending forth a terrible storm.

After the storm, nature sets a deadening calm upon the sea and air. Sea monsters come forth from the depths and swim around the ship of the Ancient Mariner. Fear grips his heart. He writhes with the pain of it, finally falling into a deep slumber. He sleeps after being completely exhausted with the awe of the many things before him.

He dreams. At first his dream is a jumbled thing - queer, unknown, in which unseen goblins tantalize him with their capers. His dream gradually lapses into a less violent state; then to a smoothe, soothing, peaceful slumber represented by beautiful formations and dives.

The Ancient Mariner is finally awakened by three beautiful mermaids who bring the Albatross back to him, and conduct him to a barge laden with treasure which has been brought up from the bottom of the sea by porpoises, dolphins and diving fish. He is drawn home on the treasure laden barge, followed by the processional.

The Dream of the Ancient Mariner, as programmed by the Terrapin Club, University of Illinois:

I. The curse of the Ancient Mariner.

Shooting of the Albatross
 The storm
 The sea monsters
 Octopus Frog
 Two-headed monster Crab
 Whale Spiders
 Walrus Gompuses
 Twin sea horses Devil fish
 The dance of the Furies
 The Ancient Mariner falls asleep

II. The dream of the Ancient Mariner.

Water goblins
 Stunt diving
 Water stunts
 Tandem swimming and water formations
 Diving mermaids

III. The awakening of the Ancient Mariner.

Porpoises and dolphins for sea jewels and treasure
 Dance of the mermaids with the albatross
 Barge laden with treasure
 Mermaids awaken the Ancient Mariner and lead him to the barge
 Processional

A GRECIAN DAY.

Scene opens with a background frieze of girls in long loose Grecian costumes.
 Helen of Troy reclines on the dais.

Scene 1. Dancers do figure swimming before Helen.

Scene 2. Chariot race. Two persons in front pulling the driver. Victor may be awarded the olive wreath by Helen.

Scene 3. Gladiatorial combat. Pick-a-back wrestle in the shallow water.

Scene 4. Diving by the members of the frieze.

Scene 5. Suitor's race. Lighted candle race. The winner claims Helen.

HEAVENS ABOVE.

Program given by Tarpon Club, University of Chicago, Chicago.

I. A galaxy of comets, stars and the constellations.

Draco	Northern Cross	Orion
Big Dipper	Casseopeia	Corona Borealis

II. A glimpse of Mars.

III. Mercury in action.

IV. Neptune at play.

V. Venus - of course.

VI. Eclipse.

JOIN THE NAVY AND SEE THE WORLD

Program given by Ray Kirshbaum, Jewish Peoples Institute, Chicago.

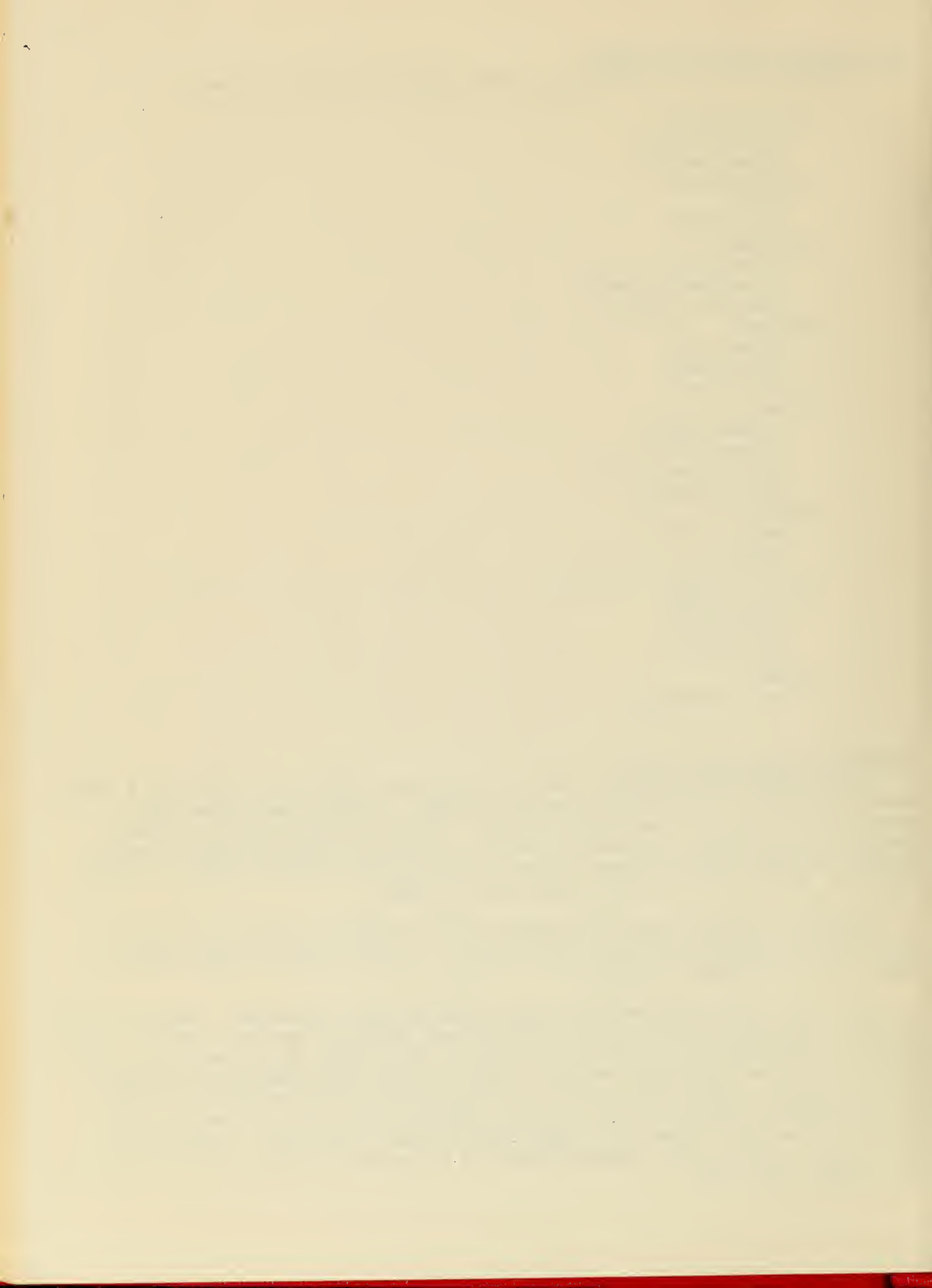
Join the Navy.
 Opening Chorus
 Water tactics
 Outward Bound.
 Drill
 Sail Boats
 Ireland.
 Irish Dance
 Irish Reel in Water
 Games and relays
 Holland.
 German Band
 Dutch Clog
 Tulip Time
 China.
 Chinese Dance
 Laundry Drill
 Our Chinese Friends
 Lantern Parade
 Hawaii.
 Sailors ashore
 Diving
 Form and speed swimming
 Homeward Bound.
 Cleaning Up
 Military Tap
 Flag Drill
 Finale.
 New York Harbor

THE ORIGIN OF THE WATER LILY.

On the shores of the Indian Lake of the Clustered Stars dwelt Wayotah, a young chief, famous for his exploits in war and hunting. In the same village dwelt Oseetah, fairest of all the Indian maidens. Oseetah loved the tall and sinewy leader; but her parents had promised her to an older and richer Indian of another village, who came often to press his suit, bringing with him rich gifts of cloth, beads and other articles in which Indian girls delight.

Oseetah's parents forbade the young chief the right to visit her, doing all they could to keep the two young hearts apart. She was confined to her father's wigwam whenever Wayotah was about.

One day, Wayotah followed her canoe across the lake in his own. Because of her promise to her parents and to her betrothed, she eluded him when he wished to embrace her, and was silent when he asked her to sing. He told her of his great love, and tried to grasp her hands; but Oseetah raised her hand, and plunged into the lake. The silent waters closed over her. He followed her into the depths of the water, but could find no trace of her. The water spirits had carried her away to their caverns in the lake bottom. The young chief was wild with grief. He returned to the village, and for weeks mourned quietly in his wigwam refusing to eat or join in the village activities.



At night, her spirit often came to the door of his wigwam; and lifting the blanket, looked in upon him. If he moved or spoke, she was gone.

One day, the people went down to the lake and found on its surface where she had plunged in, hundreds of white and gold water lilies. "What can this mean?" exclaimed the Indians. Wayotah, standing in front of the men answered, "Her heart was as pure as the white petals, her love burned like the gold they enclose, and her breath was like perfume, pure and sweet." Then a hand rose above the water and beckoned to him. He entered his canoe and paddled out to the center of the lily patch. Here his canoe was overturned, and he plunged into the water, and was carried away by the water spirits to join the maiden he loved so well.

THE LEGEND OF THE WATER LILY

Ye who tarry at this pageant
Know ye whence the water lily?

Should you ask us, we will tell you
Tell you of an Indian Maid,
Fairest of her tribal village,
And she, Oseetah, was beloved
Of a youthful chief, Wayotah.
Smooth the course of true love not,
Not even among the redskins.
Greedy, grasping parents promised
Oseetah in unwanted marriage
To an aged, wealthy warrior.

And Oseetah in her sorrow,
Pining from a love forbidden,
Plunged into the silent waters
Of the limpid lake that lured her,
Lured her with its water spirits.

But, behold! for on its surface
Sprouted scores of water lilies
White and gold, of rarest fragrance.
And her lover, longing for her
Plunged into these self-same waters
And was borne to his mermaiden.

Great rejoicing came from Neptune
When he saw the pair united,
And he ordered all his spirits
To rejoice, each in his fashion.
So, now, we see these water spirits
Celebrating Indian joys
That happened a long, long time ago.

Program of the LEGEND OF THE WATER LILY as given by the students of Crane College, Chicago.

THE INDIAN WELCOME Formation swimming

A BRINY BATTLE Pick-a-back wrestle

DANCE OF THE SPIRITS	Small group doing sculling, porpoises, etc.
COURT JESTERS	Comedy diving.
THE MERMAIDS WALTZ	Larger group doing stunts to music.
THE MERMEN REVIEW	Formation swimming.
STARFISH AND SEA SERPENTS	Figure floating
KING NEPTUNE'S FASHION PARADE	Swimming suit style review.
THE SEA HORSE PARADE	Formation swimming with kick-boards with sea horse heads on them.
SURPRISE	A pair in a specialty number (stunt).
BALLET OF SEA WEEDS	Group holding to trough with backs to side of tank, make patterns in the water with their legs, in time to music.
IN IMITATION OF YE MORTALS	A disrobing race.
THE WATER LILY FAREWELL	Swimming with decorated arches.

THE PLUNDERING PIRATES.

It is June, ships are scouring the seven seas. As the good ship Samantha Lee approaches the Equator, all on board make preparations for a festival, as has been the custom for years gone by. Bill Dobbs, a weathered old tar, is old King Neptune. As he comes on board deck, a cry arises from the group and he shouts, "Avast there, you lubbers! On with the festival." With dignity befitting his kingly role, he seats himself on his throne.

Both passengers and crew eagerly await the fun. Neptune slowly beckons; and, to the delight of all, lovely mermaids rise to the surface, and with amazing grace and beauty, Neptune's Daughters dance.

What ho! Sea monsters are coming forth from the depths to swim around the ship. Lobsters, dolphins and even star-fish appear to delight the spectators with their capers.

Now has come the time for the sailors to take part in the festivities. The gay rollicking lads add zest and create much mirth by their merry antics. Never was there gathered a jollier, more amusing lot. The fun was at its height!

But their festivities were short-lived. This merry-making crowd has been spied from afar. The pirate ship, headed by the cruel and blood-thirsty Captain Bones, is approaching. The pirates are preparing for an attack upon this gay party. "Ah-h-h!" cries the Captain. "We will plunder and burn their ship. Die they must." Working his men up to a mad frenzy, he leads them through their war dance. Then, with blood in their eyes, they seize the ship and hoist their flag of victory. The Captain pleads for his life. But the cruel pirates, having plundered the ship, now

demand death. Trembling and fearing the worst kind of death, the Captain intercedes for his men and promises anything if only their lives be spared. The cruel pirates are relenting until Captain Bones decides that he will spare the sailor's lives if they can entertain the men as well as the pirates can entertain the sailors. After saying this, the pirates give an exhibition of their famous Catfish Canter.

With renewed hope, the crew makes plans to redeem themselves. Their first contribution is an interpretation of the adagio. The pirates applaud lustily - this is to their liking. Encouraged by the reception of the performance, the remainder of the crew and the passengers do some dives and beautiful formations. The pirates, catching their spirit, become appeased and leave the good ship, Samantha Lee, taking with them the best entertainers.

The Plundering Pirates as programmed by the Chicago Normal College.

I. The festival on board ship.

Flag drill
Neptune's Daughters
Lobsters and Dolphins
Starfish
Figure swimming
Stunts off board

II. Pirate attack.

Pirates' dance
Victory flags
Catfish canter
Adagio
Figure swimming

THE SULTAN'S PEARL.

A Sultan, bored and tired of his former life, desires new diversions. He offers the chief of all his treasures, a gleaming pearl as a prize to the beautiful maiden presenting him with the most enticing bit of entertainment.

The racers and tandem swimmers vie for his favors. He is enthralled with them. Next the figure swimming enchants him with its beauty. The stunt swimmers and divers greatly amuse him with their antics.

Then the mermaid appears and holds him spellbound with her beautiful diving and that of her companions. The Sultan is very much pleased with them. He calls for more, and when his desire is fulfilled, he summons the maid and presents to her, as leader of the divers, the prize, the precious matchless pearl. The Sultan escorts the maid away and the processional follows.

The Sultan's Pearl as programmed by Terrapin Club, University of Illinois, Urbana, Illinois.

I. The Pearl.

Maidens at play in the pool before the Sultan's arrival.

II. The contest.

The racers - medley relay.
Tandem swimming and water formations.
Stunt dancers.
Water stunts.

III. The winning of the Pearl.

Mermaid.
Fancy divers.
Porpoises and dolphins.
Processional.

THE WATER CIRCUS.

Suggested possibilities for use in a circus program.

Parade.

Of performers and animals. Animals may be mounted on kick boards or heads worn by swimmers.

Peanut vendors.

Girls wearing white butcher aprons and white bands around heads, in inner tubes with large tray of popcorn balls and empty cracker-jack and popcorn boxes. Paddle the length of the 'tent' and stay on the side-lines throughout the performance.

Clowns.

Wearing bright colored ruffs of oil-cloth at neck, wrists and ankles to match skull cap. They do such stunts as 'looking for a sweetheart', stand on hands in shallow water, pyramid building in shallow water, double somersaults, etc. or burlesque diving.

The human fish.

Underwater swimmer. Eating and drinking under water.

Monkeys.

In brown suits, caps and with tails. Stunts off the board and play with the safety poles.

Bronco riders.

Water wrestling in the shallow water. The lower person wearing a horse's head-dress if possible, and the rider a sombrero.

The giant.

A figure built on a pole, carried by a swimmer; or two people, one standing on the other shoulders, dressed as one.

Tumbler family.

Stunts and dives off the board.

Snake charmer.

Charmer, in striped awning, one piece Arabian robe, plays pipe on land. The 'snake', in green suit and green grease paint on body, does various stunts such as log-rolling, sculling, musk-rat, underwater swimming and revolving strokes.

Trained seals.

With black oil-cloth head-dresses, black suits and black grease paint on body, they seal dive into the water. The trainer puts them through their paces, such as porpoise diving, dolphins, somersaults, balancing and pushing balls, etc.

Tight rope walker.

Wearing short tights and blouse of bright cambric, carrying parasol, bright colored rubber shoes, walk perilously along the black lines at the shallow end of pool. Perform stunts on chair weighted so as to stay down, drink glass of water, etc.

Sword swallower.

Turban on head, arms tattooed with grease paint, stand on board and place sword to mouth, jump into water rising to surface without the sword.

Bareback rider.

Performer, wearing tarleton skirt or spangled tights, does tricks while astride the shoulders of another performer who wears a horse's head.

The trained horses.

Figure swimming using the kick boards with horses heads fastened to the center front or on both front corners.

The chariot race.

The driver, in Roman toga and head-dress, using crawl kick, is drawn by two, three or four horses swimming breast stroke. The race is around the pool or the length.

Trained alligator race.

Tandem swimming race, costumed so that the leader wears the head and the last one the tail.

The fire dive.

See directions under stunts.

Monte Cristo sack trick.

See directions under stunts.

Arm or leg shackle.

See directions under stunts.

WATER COMICS. (To be read and acted in pantomime.)

It was in the month of September
By a lake of greenish hue,
Walt took Skee-zix on a picnic
To have something they could do.

Skee-zix went so near the water
It made Walt go nearly mad,
"I shall have to spank this baby
If he keeps on being bad."

Now it chanced that Winnie Winkle
Came strolling down the pier,
Little Perry ran beside her
As a big swan dived quite near.

Now naughty Perry tied a string
Around the swan's long neck,
But Walt took out his jackknife
And freed the bird, by heck.

Now romances on the funny page
Are never true we know,
But Walt and Winnie had a thrill
Which is our swimming show.

Winnie wore a beach-y bathing suit
Of velvet and old lace,
Which made Walt's musty eyes grow bright
And lines fade from his face.

And while the two were strolling
Up and down the sporty pier,
Perry Winkle and small Skee-zix
Went bobbing very near.

"Oh, here's a lovely shell," said Walt
She didn't get the point at all,
"It was shells they fought the war with."
"No," said Walt, "With cannon ball."

"Well," sweet Winnie answered softly,
"I am not so military,
But I can flip a pancake
I'm a first class culinary."

"The moon will soon be coming,"
Said Old Walt in vain poetic
While his legs felt full of rheumatism
And all of him dyspeptic.

"The beach is such a charming spot,"
Said Winnie Winkle winking.
Just then they heard young Perry shriek,
"Come quickly, Skee-zix sinking!"

Walt cried aloud and blamed himself
For noticing the beach's vamp,
"For while I looked at worthless Winnie
Darling Skee-zix got a cramp."

He rushed out to the water's edge
Like Flying Mercury he stood,
Then ran out in the open air
As far and fast as one man could.

He marched along the icy depths,
He went so slow he seemed to crawl,
And Winnie Winkle on the shore
Could hear the precious Skee-zix bawl.

Now Walt was getting rather old,
He felt himself begin to sink,
He found his hands and feet were numb,
He wished he had the missing link.

Now Winnie Winkle upon the shore
Had a course in swimming club
In saving lives with crosses red
And life-savers and wooden tub.

In spite of her New Yorkish dress
A cap of rubber plaits and frills,
She knew that she could save these two
That fast were drowning from the chills.

Just as young Perry counted three
The number of times gone down,
Sweet Winnie launched her wooden boat
And set to sea in velvet gown.

She saved their Sunday Tribune lives
 Because she'd learned to swim,
 Next time we hope she'll leave her frills
 Upon the hickory limb.

WATER PAGEANT OF SPRING (as programmed by Rae Kirschbaum, Jewish Peoples Institute, Chicago.)

Part I, March.

March comes in like a lion. She frees the winds, disturbs the serenity of the water, and plays havoc in the garden. Spring, the caretaker of summer home, goes forth to protect the gardens; and a month of interesting events follows. March prevailed upon by Spring, goes out like a lamb.

1. Waves of the Ocean
2. Welcome to Spring
3. Arrival of God of Winds
4. March winds whip the water
5. A raving lion
6. Diving
7. Midget swimmers
8. Breezes

Part II, April.

April makes her appearance and displays her fickle disposition. At times she is morose, and casts a spell of gloom upon the garden; at times her carefree nature causes the sun to shine. Spring enters, and, after much urging, persuades April to depart.

1. April showers
2. A surprise for April
3. Bubbles
4. Long wands
5. Keeping dry (umbrella number)
6. Reeds
7. Rainbow
8. Water colors (on boards)

Part III, May.

With the coming of May, spring decides that it is time to beautify the garden. She bids the wood sprites to awaken all the flowers. A mischievous sprite steals the Spring Magic Wand, and drops it into the pool. Spring cannot go on with her work and is despondent. All attempts to retrieve the Magic Wand fail, but the water, assuming the magic properties of the sceptre, furnishes a source of consolation for Spring in the form of a May Water Carnival. The Magic Wand is finally returned, and the coronation of the Queen of the May takes place.

1. Rabbits
2. Wood sprites
3. Spring introduces the Month of May
4. May flowers
5. Search for wand
6. What can be done in magic water
 - a. Back stroke lesson
 - b. Crawl lesson
 - c. Games
7. Crowning of the May Queen
8. Recovery of the Magic Wand by the May Queen
9. Maypole

PART VII

SEA MYTHOLOGY

There were two dynasties of the sea. The older, founded by the Titans, Oceanus and Tethys, gave rise to three thousand rivers and countless ocean nymphs. In the cave palace of Oceanus lived Pontus (the deep sea or the waterway) who, by Mother Earth, became the father of Nereus. This Nereus was the wise prophetic Old Man of the Sea. He took as a wife one of the daughters of Oceanus, the nymph Doris. From his family of fifty fair daughters, the Nereids, came the more famous Panope, Galatea, Thetis and Amphitrite. The last, Amphitrite, was given by her father, Nereus, in marriage to Neptune. The two, Neptune and Amphitrite, were the founders of the younger dynasty of the water.

Neptune received the rule of the watery realm from his brother, Jupiter. Jupiter, after overthrowing his father, Cronus, and conquering all his foes, asserted his right to the throne. To help in his rule, Jupiter divided the world into portions and allowed his brothers to draw for their share. Pluto received the rule of the Lower World, Tartarus; while Neptune obtained control of the sea and all the rivers. Neptune chose as a symbol of his control a crown composed of marine shells and aquatic plants. His palace was in the depths of the sea, yet he often made his home on Olympus.

His power as god of the sea was supreme. He could stir up the wildest storm or calm the roaring billows to peaceful ripples by his word alone. All the rivers, fountains, lakes and seas were subject to his rule. His lawful wife, Amphitrite, as Queen of the Ocean was the personification of the calm and sunlit aspect of the sea. The courting of Amphitrite, or Salacia as she was sometimes called, was effected by a dolphin, the entrusted messenger of Neptune.

The attendants of the rulers of the deep, which included all the Nereides, Tritons and lesser sea gods, always formed a part of the royal train when Neptune and Amphitrite rode out to survey their kingdom.

The lesser divinities had, as special duties, the care of the lakes, rivers and fountains. The Oceanides, offsprings of Oceanus, and the Nereides, distinct from the Oceanides, although confused with the above, composed part of Neptune's royal train. The Tritons summoned other marine deities whenever Neptune approached. The Sirens, who inhabited the cliffs of the Islands lying between Sicily and Italy, lured sailors to destruction by their sweet voices. The river-gods, among them such as Father Nile, presided over the currents of the rivers and streams. The nymphs, many of whom had individual names, were beautiful beings who occupied a middle ground between gods and man. They took various titles according to the duties they performed, or the places wherein they dwelt. There were nymphs of woods and trees, of groves and ravines, of meadows and flowers, or hills and valleys, of rivers and lakes, of marshes and swamps. For example, the Naiades were beautiful water nymphs who had charge of fountains; the Muses, nine in number, were nymphs of the stream. Iris, the goddess of the rainbow, messenger of Jupiter and Juno, communicated the orders of the gods to mankind. In the performance of her duties, she was supposed to change the clouds to rain with water from the lakes and rivers in order that the gentle showers might fertilize the earth.

In supplicating the sea gods, the ancients prayed with their hands outstretched to the sea.

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GAMES.

The most celebrated of the ancient games were the Olympian, the Pythian, the Nemean and the Isthmian. The Olympian games, in honor of Jupiter, were held on the plains of Olympia in Elis every four years. These periods were called Olympiads. Boxing, wrestling, running, horse-racing and chariot racing were the chief exercises. The prize was a simple wreath of olive; but, so great was the honor, that kings sent their horses to compete in the races.

The Pythian games also occurred every four years. These games were held in honor of Apollo at Delphi. They comprised of contests in music as well as in athletic games. The prize, in this instance, was a laurel wreath.

The Nemean games occurred in the second and fourth Olympian years. Held in the forest of Nemes, the scene of Hercules first great task - that of slaying the Nemean lion - they were designed to commemorate his heroic deeds and early death. The prize was an ivy wreath.

The Isthmian games, also occurring every two years, were held on the Isthmus of Corinth in honor of Neptune. The prize in this instance was a simple wreath of pine.

These games, or national festivals, played an important part in the early history of Greece. They were regarded of such importance that, during their progress, the wars between the states were suspended, and persons desiring to visit the games were permitted to pass unmolested even through hostile territory.

SEA MYTHOLOGY TERMS

Abas (a'bas).

The son of Hypermnestra and Lynceus, and father of the brothers Acrisius and Proetus, who were noted from infancy for their hatred of each other. According to other authorities, he was the son of Meganira, and was converted into a water lizard for profaning the sacrifice.

Achelous (ak-e-lo'us).

A river god. He and Hercules engaged in a wrestling bout to determine which should wed Deianeira. Achelous transformed himself first into a serpent and then into a bull. Hercules won and Achelous turned himself into a river. The sirens, sometimes called the Acheloides, were the daughters of Achelous.

Achilles (a-kil'lez).

He was the son of Peleus, King of Thessaly, and was the bravest of all the Greeks who fought in the Trojan War. His mother, Thetis, who was a sea nymph, plunged him into the river while he was still an infant, thus making every part of his body invulnerable except the heel by which she held him.

Actaeon (ak-te'on).

A famous hunter, son of Aristaeus and Autonoe. For intruding upon the privacy of Diana while she and her attendants were bathing, he was changed by Diana into a stag and devoured by his own dogs.

Aegina (e-ji'na).

An island in the Saronic Gulf on which were held mysterious festivals annually in honor of Hecate.

Aeolus (e'o-lus).

God of Winds, living in one of the rocky Islands near Sicily. When Ulysses, on his return from Troy, visited him, he gave Ulysses all the winds that could prove contrary tied up in a bag. The companions of Ulysses, supposing that the bag contained treasures, opened it slyly just as the ship was nearing port, and the baffling winds rushed forth, driving the ship far out of the course.

Aegle (eg'le).

The fairest of the Naiades.

Alcippe (al-sip'pe).

For loving Halirrhottus, a son of Neptune, she was slain by her father.

Amphitrite (am-fi-tri'te).

Daughter of Oceanus and Tethys, wife of Neptune, and mother of Triton. She was goddess of the sea and had the care of its creatures. She was sometimes called Salatia.

Amycus (am'i-cus).

King of Bebrycia. He was a son of Neptune. He was famed for his skill in boxing and for his cruelty to all strangers who entered his territories. When the Argonauts landed on his coast, to obtain fresh water, he challenged their best boxer. Pollux accepted and killed Amycus in the contest.

Amymone (am-i-mo'ne).

Daughter of Danaus. She bore to Neptune a son, Nauplius, a shipwrecker.

Ancaeus (an-se'us).

Son of Neptune and some of the brave heroes of Greece who joined in the famous hunt in the Galydonian Boar. He left a cup of wine untasted to engage in the hunt, and was killed by the boar.

Ancilia (an-sil'i-a).

Twelve sacred shields (Roman). On the first of March, in each year, the shields were carried in procession; in the evening a great feast, called Coena Saliaris, was held.

Andromeda (an-drom'e-da).

The beautiful daughter of Cepheus and Cassiopeia, King and Queen of the Ethiopians. She was rescued from the jaws of a terrible sea monster by Perseus, and afterwards became his wife.

Apollo'.

God of the sun. His symbols were the swan and dolphin.

Arethusa (ar-e-thu'za).

One of the most beautiful and virtuous of Diana's nymphs. She was pursued by Alpheus, a River-God, but escaped by being transformed by Diana into an underground stream.

Ariadne (a-ri-ad'ne).

The beautiful daughter of Minos, king of Crete. She helped Theseus to escape from the Labyrinth and sailed with him to the island of Naxos. Overcome with fatigue, she fell asleep on the shore. The inconstant Theseus, with his companions, sailed away leaving her behind. On waking, she was filled with grief and despair, and wept bitterly. Echo came to taunt her. Venus consoled her. Bacchus soon after wooed her and won her.

Asopus (a-so'pus).

A river-god whose daughter, Aegine, was carried off by Jupiter.

Atlantids (at-lan'tidz).

Nymphs, the offspring of Atlas, and belonging to the same order as the Pleiads.

Balios (ba'li-os).

A horse given to Peleus by Neptune as a wedding present.

Britomartis (brit-o-mar'tis).

A name applied to Diana as protector of the interests of fishermen on lakes and rivers, and on the shores and arms of the sea.

Byblis (bi'blis).

A niece of Sol who wept so much that she was changed into a fountain.

Callirrhoe (cal-lir'ho-e).

One of the Oceanides, nymphs of fountains and streams.

Calypso (ka-lip'so).

Daughter of Oceanus, and queen of the island of Ogygia, on which Ulysses was wrecked and prevailed upon to stay seven years.

Canopus (ca-no'pus).

The God of water among the Egyptians.

Carneia (car-ne'ya).

A Spartan festival held in August and conducted with much zeal in honor of Carneus (Apollo). For several days, the people would remove from the cities and dwell in tents in the groves and on the hillsides to escape the heat of dog-days.

Cassiopeia (cas'si-o-pe'ya).

Wife of Cepheus and mother of the beautiful Andromeda. So vain was she of her daughter's beauty that she declared the beauty of the sea nymphs was not to be compared to hers. This gave offense to Neptune, who thereupon visited the country with a great flood, and sent a dreadful sea monster to destroy both men and cattle. Cepheus was informed by the oracle that the evil would not abate unless he would sacrifice Andromeda, who was thereupon chained to a rock to be devoured by the frightful beast. Here Perseus, who was flying home found her, slew the beast and married Andromeda.

Chalkeia (kal-ke'ya).

A festival held annually in October in honor of Vulcan and Athene.

Clowns.

The clowns of Lycia were transformed into frogs by Latona because they forbade her to drink at one of their streamlets.

Clytie (klit'i-e).

A nymph who, at her own request, was changed into a sunflower because Apollo did not requite her love.

Consualia (con-su-a'li-a).

Games in honor of Neptune.

Consus.

A name given to Neptune as the god of counsel.

Cygnus (sig'nus).

When Phaeton was cast from the chariot of the sun, his devoted friend Cygnus carefully gathered up the scattered remains and gave them proper burial. The scene of Phaeton's death was on the bank of a river. Cygnus in his excess of grief constantly haunted the place, and often plunged into the water in the hope of finding other parts of the body. The gods, taking pity on him, turned him into a swan. This mournful bird still plunges his head under the water in continuance of the sad search for the remains of Phaeton.

Cythera (si-the'ra) of Cytheria.

A name of Venus, from the Island to which she sailed in a shell.

Dagon (da'gon).

The national god of the Philistines represented as half man, half fish. In Babylonian mythology, a fish like being who rose from the waters of the Red Sea and became one of the great benefactors of man.

Doris (do'ris).

Wife of Nereus, an ancient sea god, and son of Pontus and Gaea.

Doto (do'to).

One of the Nereids, or sea nymphs.

Dynamene (di-nam'e-ne).

One of the nymphs who controlled the swell and impulse of the waves.

Egeon (e-je'on).

A giant sea god who helped the Titans in their war with Jupiter.

Egeria (e-je'ri-a).

A nymph, wife of Numa to whom she suggested many wise laws. At Numa's death, Egeria was changed into a fountain by Diana because of her tears.

Electra (e-lec'tra).

Mother of Iris, goddess of the rainbow.

Eunice (u-ni'ce).

One of the Nereids, a personification of the swell of the sea.

Eurus (u'rus).

The east wind, son of Aeolus. He brought warmth and rain, and is represented holding an inverted vase as if pouring water from it.

Eurynome (u-rin'o-me).

One of the Oceanides who took charge of Vulcan when, at his birth, he was cast from Olympus into the sea, where for nine years he dwelt among the sea gods and nymphs.

Evenus (e-ve'nus).

The name of the river in which Evenus drowned himself because he could not overtake the fleeing lovers, Ides and Marpessa, who were sailing swiftly along in the boat Neptune had lent them.

Galataea (gal-a-te'a).

A beautiful sea nymph, beloved of Polyphemus, the hideous giant, whose attentions she refused. Also beloved by the handsome Sicilian shepherd, Acis, whose affection she returned. In a fit of rage, Polyphemus hurled a huge rock upon the lovers as they sat together in the shade of a crag. Galataea being immortal was unhurt, but Acis was slain.

Galaxaura (gal-ax-au're).

One of the Oceanids, a nymph presiding over a stream.

Galene (ga-le'ne).

One of the Nereids, a personification of the shimmering light upon the surface of the sea.

Glaucus (glaw'kus).

A humble fisherman, who noticed that when his fish were thrown upon the shore they snapped eagerly at the blades of a certain kind of grass and seemed endowed with new life, for they at once plunged into the sea. Thinking that the same vegetable diet might strengthen him, he ate thereof and was at once seized with an irrepressible desire to plunge into the sea. Yielding to this impulse, he was changed into a sea god, and was worshipped by fishermen and boatmen whose interests he protected.

Ganga (gang'ga).

One of the three Indian river goddesses. Hence the Ganges.

Halcyone (hal-si'o-ne) or Alcyone.

Wife of Ceyx, king of Thessaly. While on his way to consult the oracle, his vessel was wrecked and all on board perished. Halcyone went with her attendants daily to watch on the shore for the returning sails. The gods taking pity on her, decided to break the sad news to her in a dream. In her vision, she saw the body of her husband stretched upon the shore. Awaking in the morning, she fled in terror to the beach, only to see her husband's cold corpse washed upon the sand. Feeling that she could not endure life without him, she instantly cast herself into the sea. Touched by her intense love and grief, the gods changed both bodies into birds, called Halcyons (King-fishers).

Halie (ha'li-e).

Thoe and Halie were Nereids who personified the fantastic play of waves of the sea.

Halirrhothius (hal-ir-ro'thi-us).

A son of Neptune beloved of Alcippe, daughter of Mars.

Hesione (he-si'o-ne).

Rescued from the sea monster by Hercules.

Hippius (hip'pi-us).

A surname of Neptune.

Hippo (hip'po).

One of the Oceanis. The term signifies 'like a swift current'.

Hippocampus (hip-po-cam'pus).

Neptune's favorite horse, a fabulous creature, half horse, half fish.

Hippocrenides (hip-po-cre-ni'dez).

A name of the Muses, from the fountain of Hippocrene, the horse fountain, said to have been formed by a kick of the winged horse of Pegasus.

Hylas (hi'las).

A beautiful youth who accompanied Hercules on the Argonautic expedition. Being sent to the spring to fetch water, he failed to return and Hercules discovered that the nymphs of the spring enamoured of his beauty drew him to their abode.

Inachus (in'a-kus).

A river god.

Inoa (i-no'a).

Festivals in honor of Ino.

Ino (i'no).

Daughter of Cadmus and Harmonia. She married Athamas, king of Thebes, after he had divorced Nephele. Ino had two children who could not ascend the throne while Phryxus and Helle, Nephele's children were living. Ino's ill-treatment of her step-children led them to plan their escapes. To escape the fury of her husband, she cast herself into the sea and was drowned. Neptune changed her into a sea goddess called Leucothea.

Iris (i-ris).

The rainbow. One of the Oceanides, attendant of Juno. Messenger of the gods. Her duty was to cut the thread which held the soul to the body. She also filled the clouds with water from the streams and lakes and caused the showers to fall.

Latona (la-to'na) or Leto.

The goddess of dark nights, a beautiful daughter of Coeus and Phoebe, beloved of Jupiter to whom she bore Apollo and Diana. Juno, stung with jealous rage, banished Latona to the earth and threatened punishment to any mortal who extended pity or help. Weary and thirsty Latona approached a pool and would have refreshed herself, but some husbandmen, sometimes called the Lycian Clowns, fearing Juno's vengeance, bade her pass on, and to further guard against her drinking of the water, sprang into the shallow depths stirring up the mud at the bottom. Overcome with thirst, Latona prayed that her cruel tormentors might never leave the spot where she stood. Jupiter immediately changed them into huge green frogs.

Leda (le'da).

Daughter of Thestius and Eurythemis and mother of Castor and Pollux, Helen and Clytemnestra. She was wooed by Jupiter in the form of a swan. After death she was named Nemesis.

Lethe (le'the).

A river which separates the Elysian fields from Hades. Thousands that drank of its waters at once forgot all they ever did or knew while on earth.

Leucothea (lu-co-the'a).

A name applied to Ino after the gods had transformed her into a sea nymph.

Ligea (li-je'a).

A sea nymph or siren.

Limnads (lim-nads).

Nymphs of lakes, marshes and swamps. They allured and mislead belated travelers by their mock screams for help.

Limnaia (lim-na'ya).

Diana as the special goddess of marshes.

Lotis (lo'tis).

A nymph, daughter of Neptune, who was pursued by Priapus, and only escaped by being changed into a lotus plant.

Marina (ma-ri'na).

A name applied to Venus, meaning sea foam, because she was formed from the froth of the sea.

Marpessa (mar-pes'sa).

Daughter of Evenus and wife of Idas. She and her husband eloped and were assisted by Neptune, who loaned them his chariot. They were brought to a sudden halt by Apollo who calimed Marpessa's hand. A voice from a thunderbolt declared that Marpessa should exercise her choice, and the lot fell to Idas.

Melobosis (me-lob'o-sis).

An Oceanide, nymph of the river that waters meadows.

Midas (mi'das).

Son of Gordius and king of Phrygia. For his hospitality to Silenus, his highest wish was to be gratified by Bacchus. He asked that everything he touched might be turned to gold, but when his food became metal, and he was in danger of starving, he begged the god to revoke the favor. Bacchus told him to bathe in the river Pactolus, and upon complying, he was at once restored to his former condition, but the sands of the river remained golden forever.

Museia (mu-se'ya).

Contests associated with the worship of the Muses, celebrated in a grove of Mount Helicon.

Muses or musae.

Goddesses who presided over poetry, music, dancing and all the liberal arts. They were often called Pierides and were regarded as nymphs of the springs whose waters flowed gently down the sides of Mount Helicon and Parnassus.

Naiades (na'yads).

Beautiful nymphs in human form who presided over springs, fountains and wells.

Narcissus (nar-sis'us).

A beautiful youth, son of Cephissus and the nymph Liriope. Seeing his image reflected in a fountain, and supposing it to be the nymph of the place, he fell in love with it. Every token of his love was reflected in the pool until Narcissus felt sure that his passion was reciprocated, but in his eagerness to clasp the beautiful creature in his arms, he disturbed the mirrow-like surface of the water, and she fled from his sight. Hoping that she would return, he waited patiently until her fears had subsides, when he again ventured to peer cautiously over the edge of the low bank. Again the nymph returned with caution, but with eyes love-laden. When Narcissus ventured to address her, he saw her lips part as if to answer, and saw her soft glances grow more and more tender. But when he again ventured to clasp her to his arms, she again disappeared. Time and again this pantomime was enacted, but though she constantly eluded his embraces, the youth could not tear himself away from the spot, therefore finally died. The gods gazed compassionately upon the beautiful corpse and changed it into the flower Narcissus, which has ever since flourished beside quiet pools wherein its pale image is clearly reflected.

Nauplius (naw'pli-us).

Son of Neptune and Anymone. Nauplius means "ship-wrecker". By false lights he led many ships to destruction upon the rocks of Argus, and enriched himself from their cargoes. By a strange fatality he perished in the same way. His mother, Anymone, was a beautiful Danaid whom Neptune saved from the attack of a satyr. Nauplius had three sons - Palamedes, noted for his inventive genius, Oiax, the steersman and Nausimedon, the ship captain.

Nausicaa (nau-sik'a-a).

Daughter of Alcinous and Arete. Strolling along the coast one day, she discovered Ulysses who, wearied with the exertion of swimming from the raft which Neptune in his anger had destroyed, had just reached the shore. She conducted him to her father, the king, who kindly sent him to his home in Ithaca.

Neptune.

One of the Olympian gods, son of Saturn and Ops, and brother to Jupiter and Pluto. He was swallowed by his father at birth, but was restored again and shared the empire of Saturn with his brothers. He received as his portion, the kingdom of the sea. Being dissatisfied with his share, he conspired with Pluto to dethrone Jupiter, who had taken for his portion the empire of heaven and earth. The conspiracy was discovered. Jupiter condemned Neptune to build the walls of Troy. In this task he was assisted by Apollo. In his disputes with the gods and goddesses, he was frequently defeated. In revenge he would cause the rivers to overflow their banks, the sea to inundate the land or huge monsters of the sea to devastate the country. Neptune married Amphitrite, who bore him a son named Triton. He was also the father of Polyphemus, Phorcus and Proteus. Although he was god of the sea, he is reputed to have presided over horse racing and the training of horses. The double function was portrayed in the sea-horses which drew his chariot, which animals combined the head and body of a horse and the tail of a dolphin. Ships were also under his protection. At his presence, the ocean always became calm. His sceptre was a trident.

Nereides (ne-re'i-dez).

Sea nymphs, daughters of Nereus and Doria. Most authorities make their number fifty, but some say that there were a hundred. They are represented as young and beautiful maidens riding on the backs of dolphins and armed with tridents. They attended constantly upon Neptune. The poets represent them as living in a beautiful cave at the bottom of the sea, now playing in the warm sunshine of the shore, now drying their wet tresses on the banks of rivers. These divinities doubtless suggested the modern mermaid.

Nereus (ne're-us).

Son of Pontus and Gaea, and husband of Doris. He was a sea god, subject to Neptune, but presided over the milder aspects of the sea. He had the gift of prophecy, foretold fates and had the power to assume various forms.

Nesae (ne-se'e).

One of the Nereides who personified the mad rush of the waves on the shores and islands.

Neverita (ne-ver'i-ta).

A sea goddess of the Romans.

Nymphs or Nymphae.

A general name for a class of female deities who were attendants upon the gods and goddesses. These occupied a middle place between gods and men. Sanctuaries called Nymphaea, were erected in their special honor; while sacrifices of goats, lambs, milk and oil were presented for their honor. Wine was forbidden. There were two general classes - land and water nymphs. The Dryads, or Hama Dryads, or Alseids were nymphs of the woods and trees. They inhabited groves, ravines and wooded valleys, and sometimes appeared as rustic shepherdesses or huntresses. The Oreads were mountain nymphs and often took special names from the particular mountains they inhabited. The Limoniads were nymphs of meadows and flowers. The Napaeae, or Auloniads, were nymphs of the mountain vales in which herds grazed.

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The Oceanides, daughters of Oceanus, were nymphs of fountains and streams. They took individual names according to the special characteristics of the fountain or stream they represented. The Potamids were river nymphs. The Limnads were nymphs of lakes, marshes and swamps. The Nereids, Naiads, Pleiads, Atlantids and Hyads or Dodomids had their peculiar offices. Some were special attendants upon the gods and assisted them in their duties.

Oceanides (o-ce-an'i-dez).

Sea nymphs, daughters of Oceanus and Tethys. Some authorities place their number at sixteen; Hesiod at forty-one; Appolodorus at three thousand.

Oceanus (o-ce'an-us).

Son of Coelus and Terra, or of Uranus and Gaea. He was father of all the river gods.

Palaemon (pa-le'mon).

Melicertes and his mother, Ino, were thrown by his father, Athamas, into the sea, and were drowned. According to others, she cast herself into the sea. Under the name of Leucothea, Ino became a marine deity, and was worshipped as the protector of travelers by sea. The son, under the name of Palaemon, was worshipped as the god of harbors.

Palamedes (pal-a-me'dez).

Son of Nauplius, the ship-wrecker. He was sent to summon Ulysses to the war against Troy. He is credited with the invention of the games of dice, backgammon and others.

Panope (pan'o-pe).

Nereus and his wife, Doris, had fifty daughters. Some authorities make the number a hundred. These were called Nereides or Dorides. Of these Amphitrite and Thetis were the most famous, and next to them were Panope and Galatea.

Peneis (pe-ne'is).

One of the principal river gods, the father of Daphne whom he changed into a laurel. Also the name of a river in Greece.

Phaon (fa'on).

A boatman of Mitylene, in Lesbos. Venus, disguised as an old woman, presented him with a box of ointment which rendered him very beautiful. The celebrated poetess Sappho became enamoured of him. The ointment was soon consumed and Phaon returned to his former condition. Sappho, in despair, drowned herself.

Pherusa (fe-roo'sa).

Dynamene and Pherusa, nymphs of the sea, represented the swell and impulse of its mighty waves.

Proteus (pro'te-us).

A sea god, son of Oceanus and Tethys, or some say Neptune and Phenice. His residence was a cave in the depths of the sea, which dwelling place he left only long enough to take the sea calves of Neptune to graze on the coasts and islands of the Mediterranean. Neptune bestowed upon him the gift of prophecy, but he often refused to answer when consulted, puzzling the inquirers by assuming fantastic shapes.

Pyrrha (pir'ra).

She with her husband, Deucalion, were the only persons who survived the flood.

Rhodeia (ro-de'ya).

One of the Oceanides. The name means flowing among rose trees.

River gods.

Sons of Oceanus who exercised dominion over particular rivers.

Rubicon (ru'bi-con).

A small river in Italy. Caesar, in crossing it, passed beyond his boundaries, and thus virtually declared war against Pompey and the Senate.

Sacrifices.

By means of sacrifices, men expressed their belief in and dependence on the gods. The sacrifices were of two kinds - one consisting of fruits, cakes and wine; and the other of animals decked with ribbons and garlands brought to the altar with great pomp, and after various ceremonies, slain. The animals selected were without blemish, for a diseased or imperfect one would be an insult to the god. The heralds called the people together who formed a procession led by the musicians. The morning was chosen for sacrifice to the gods of the heavens; the evening to gods of the lower world. The priest, clad in white robes, and crowned with a wreath of leaves from the tree sacred to the particular god to whom sacrifices were being offered, took the basket containing the sacrificial knife, some corn and flowers and a vessel of water, passed them around the altar. The people who had brought the sacrifice then sprinkled themselves and the altar, and, taking a handful of corn from the basket, scattered it on the head of the victim. The priest cut a lock of hair from the head of the animal, distributed it among the bystanders who threw it upon the altar fire, then offered a prayer that the sacrifice might be acceptable to the god. The victim was then slain. The blood and entrails were mixed with wheat, wine and incense and placed upon the fire. For purposes of divination, the entrails were examined by the Haruspices to determine what they foretold. The carcass was then divided. The thighs covered with fat were placed upon the fire, while the rest of the animal was cooked and eaten.

The gods were supposed to share in the sacrifices. The smell of the burnt offering and the aroma of the wine ascended to their abodes. In sacrificing to the deities of the lower world, the blood was not placed upon the altar, but was poured into a hole in the ground in the hope that it would sink down and reach the gods. In the same hole, or near by, the ashes from the altar were also buried. The portions offered to marine or river dieties were sunk deep in the water.

The sacrificial feast was celebrated with music, dancing and hymns of praise to the god thus honored. On great occasions, as many as a hundred bullocks were offered at one time. In very early times, and especially among the northern nations, the custom of offering human sacrifices was quite common.

Salacia (sa-la'shi-a).

Goddess of salt water. Same as Salatio and Amphitrite.

Saron (sa'ron).

A sea god.

Scylla (sil-la).

A beautiful nymph, daughter of Nysus, who failed to reciprocate the love of the sea god Glaucus. He implored the golden haired enchantress Circe to give him a love potion that would secure Scylla's love. Circe being jealous of the love of Glaucus, gave him a powerful drug which changed Scylla into a terrible sea monster that afterwards lived in the cave of a well in the sea. The name was also applied to the rock, itself.

Sirens (si'renz).

Nymphs of the sea, who by their enchanting music, lured sailors to their destruction. Ulysses on his return from Troy ordered his companions to bind him fast to the mast and had their ears stopped with wax. In this manner passed by the sirens in safety. They, thinking their music had lost its power, drowned themselves. One version makes them daughters of the river god, Achelous and a Muse; another of Phorcys. At first, they were represented as half bird and half woman. Later, as having the lower part of the body in the shape of a fish. The three most noted sirens were Parthenope, Ligeia and Leusosia. The Sirens were probably personifications of hidden shoals where the sea is smooth and inviting, but which proves, in the end, the destruction of the ship.

Stellio (stel'li-o).

A lad changed to a lizard by Ceres when she encountered him during her search for Prosperine.

Strymon (stri'mon).

The river on whose banks Orpheus sat for seven months mourning the loss of Eurydice, and refusing food and drink.

Telesto (te-les'to).

The nymph of the cool springs previously employed by the Greeks for cleaning and purification.

Tethys (te'thys).

Wife of Oceanus and mother of Proteus.

Thalassius (tha-lash'i-us).

A title applied to Hymen for having restored a band of beautiful maidens who were captured by pirates. The name means "sea-farer".

Thetis (the-tis).

A sea Goddess. Daughter of Nereus and Doris, and wife of Peleus, king of Thes-saly, to whom she bore Achilles.

Triton (tri'ton).

A marine deity, son of Neptune and Amphitrite, or according to others, of Oceanus and Tethys. In the war with the Giants, he assisted Jupiter by making such a terrible din with his trumpet as to cause the giants to retire, fearing the approach of some horrible monster.

Tritons.

Sons of Triton, inferior sea deities who blew upon their shell trumpets to soothe the restless waves of the sea. They were represented as a kind of mermen, half man and half dolphin.

Ulysses (u-lis'sez).

Landing near Apollo's pastures, his men offended the gods by feasting upon the sacred flocks. For this offense, they were shipwrecked, and all were drowned except Ulysses, who floated for nine days upon the rudder of the ship. At last he drifted to the island of Ogygia, where the fair sea nymph, Calypso, detained him eight years, when, through the favor of Minerva, he was permitted to depart on a clumsy raft. This raft Neptune dashed to pieces by one of his tempests, but by the help of the goddess, Leucothia, Ulysses was again rescued.

Undine (un-deen').

According to folk-lore, a female watersprite without a soul with which she may be endowed by marrying a mortal and bearing a child.

Venilia (ve-nil'l-a).

A Roman sea goddess resembling Amphitrite.

THE LESSER GODS OF THE SEA AND THE RIVERS

Leto.

The wife of Phorkys.

Phorkys.

The father of the sea demons.

Skylla.

Child of the above. Sojourns in the deep recesses of a cave, whence she thrusts out her mouths and drags vessels onto her rocks. At top, a human face, a maiden with beauteous bosom; at bottom an enormous sea monster - dolphins' tails attached to a belly, all of wolves' heads. (Aenid, iii, 424-428, Conington's tr.)

CEREMONY

In Rome every year at full moon in May, a whole series of figures of men made of rushes, called Argei, were thrown into the Tiber. The Greeks told the credulous Romans that once upon a time Herakles had come to Rome with his companions from Argos, and had left them behind. Through homesickness, his companions had thrown themselves into the river. But the rush men were just a substitute for human sacrifice to the river.

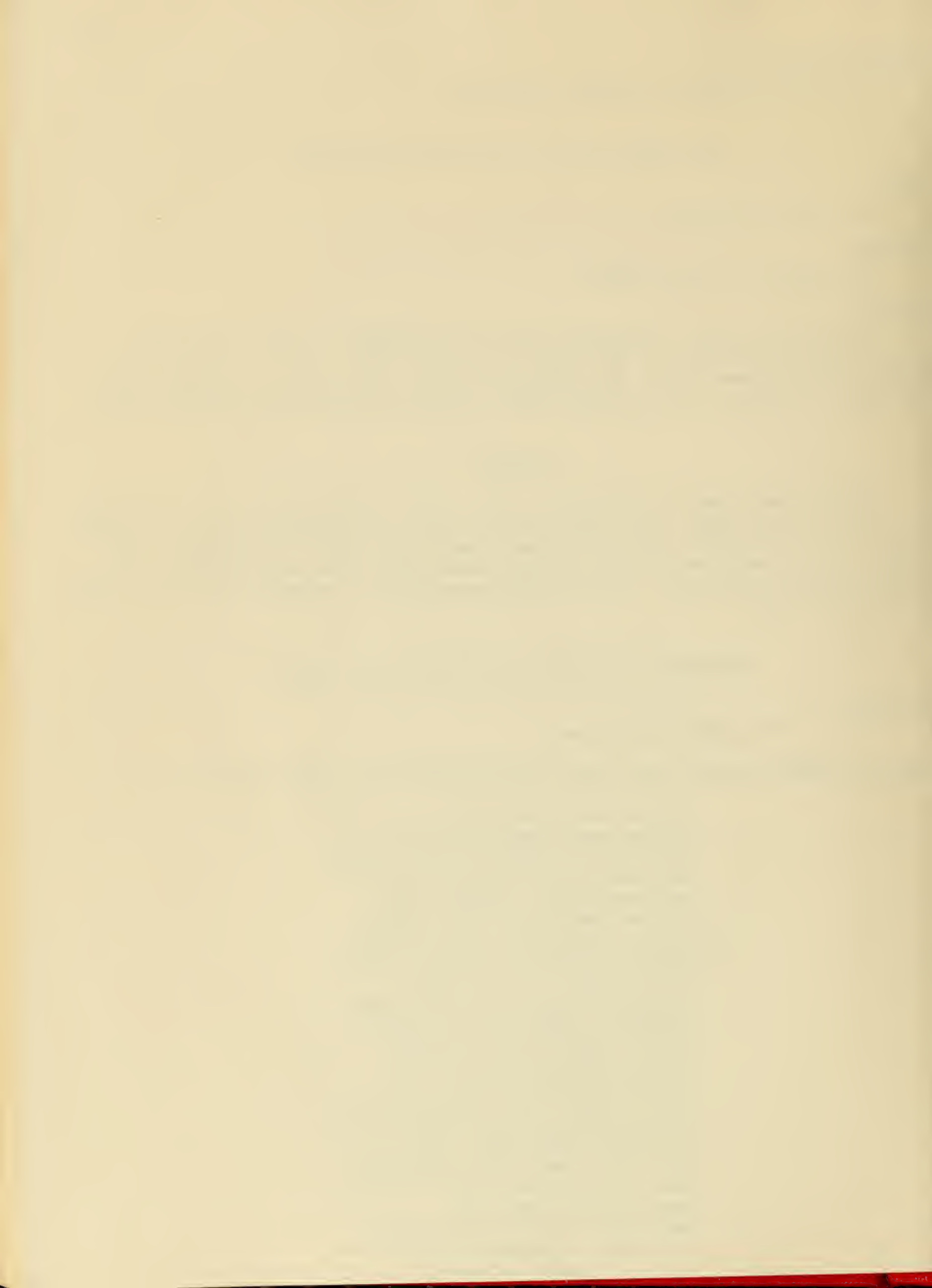
THE GREEK SEA GODS AS GUARDIANS OF SEA FARERS

Poseidon.

Ruler of the spirits of the sea.

Milton's COMUS where the spirit thus invokes Sabrina, the nymph of the Severn:

"Listen and appear to us,
In the name of great Oceanus;
By the earth shaking Neptune's mace,
And Tethys' grave majestic pace,
By hoary Nereus' wrinkled look,
And the Carpathian wizard's hook,
By scaly Triton's winding shell,
And Old Soothsaying Glaucus' spell,
By Leucothea's lovely hands,
And her son who rules the strands,
By Thetis' tinsel slippered feet.
And the songs of Sirens sweet,
By dead Parthenope's dear tomb,
And fair Ligea's golden comb,
Wherewith she sits on diamond rocks
Sleeking her soft alluring locks;
By all the nymphs that nightly dance,
Upon thy streams with wily glance,
Rise, rise and heave thy rosy head
From thy coral-pave bed,
And bridle in thy headlong wave,
Till thou our summons answered have.
Listen and save."



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 DIFFICULTY MULTIPLES FOR COMPETITIVE
 SYNCHRONIZED SWIMMING

STUNTS

Forward stunts - single

Bicycle	1.3
Crab	1.3
Flying porpoise	1.2
Foot first dolphin	1.7
Foot first surface dive	1.0
Front somersault (pike)	1.2
Front somersault (tuck)	1.1
Layout front flip	1.5
Lobster	1.4
Log rolling	1.1
Mermaids prayer	1.2
Muskrat	1.4
Porpoise	1.2
Racing turns(any type)	1.1
Scull on face	1.3
Walking on hands, deep water	1.5

Forward stunts - double

Double flip	1.1
Flying porpoise	1.3
Front somersault (face to face or back to back)	1.2
Monkey roll	1.2
Shadow stunting (.1 more than single stunt)	
Tug and ship	1.2
Water spider	1.2

Backward stunts - single

Back somersault (tuck)	1.1
Ballet legs	1.5
Dolphin (back somersault layout)	1.2
Racing turns (any type)	1.1
Flying dolphin	1.2
Kip	1.5
Pendulum	1.3
Submarine	1.4
Torpedo	1.4

Backward stunts - double

Back somersault (face to face or back to back)	1.2
Flying dolphin	1.3
Plank	1.4
Tandem dolphin (.1 additional point per person involved)	

Wheels

Pinwheel (2 persons closed)	1.2
Triple wheel (closed)	1.3
(add .1 point per person involved)	

STROKES

Tandem strokes

Backstroke	1.1
Breaststroke	1.1
Crawl	1.1
Crawl, one hand joined	1.2
Medley strokes	1.1
(add .1 point per person involved)	

Sidestroke	1.1
------------------	-----

Stunt strokes

Corkscrew sidestroke	1.3
Frog swimming	1.1
Marching on water	1.1
Reverse breaststroke	1.3
Shadow stunting (.1 point more than single stroke)	

Twisting strokes

Corkscrew sidestroke	1.3
Crawl, 2 hands joined	1.3
Revolving crawl	1.2
Revolving trudgeon	1.2
Waltz crawl	1.2

Hybrid strokes*

*A hybrid stroke is any stroke which combines parts of standard strokes executed to a definite rhythm. (La cucuracha, tango, rhumba, carioca, foxtrot.)

Twisting stunts

Dolphin, $\frac{1}{2}$ twist	1.3
Figure eight	1.3
Foot first dolphin, $\frac{1}{2}$ twist	1.8
Foot first dolphin, full twist	2.0
Kip, $\frac{1}{2}$ twist	1.6
Kip, full twist	1.8
Layout front flip, $\frac{1}{2}$ twist	1.7
Layout front flip, full twist	1.9
Side porpoise	1.2
Spiral porpoise	1.4
Tub	1.1

Special notes

Entrance, exits, floating formations, standard strokes, underwater swimming, sculling on back carry 1.0 point for difficulty.

STUNTS FROM THE BOARD

A. No points for difficulty.

1. Boston splash
2. Spank the baby
3. Standing salute
4. Billiken
5. Walk the plank
6. Running broad jump

B. Points for difficulty, 1.1.

1. Neck roll
2. Mercury dive
3. Roly poly
4. Knee dive
5. Old man dive
6. Frog dive
7. Back roll

C. Points for difficulty, 1.2.

1. Fan dive
2. Sailor dive
3. Neck roll combination
4. Teeter totter
5. Cock-a-doodle
6. Side dive
7. Shoulder sit
8. Cart wheel

D. Points for difficulty, 1.3.

1. Head stand
2. Stand, sit, stand
3. Chain dive

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